

What is mental health?

Mental health is a state of well-being in which every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to contribute to his or her community.

What is mental illness?

Mental illnesses are serious conditions that can affect the way you think, your mood and behavior. There are many causes of mental illness. Your genes and family history can play a role, as well as your life experiences such as stress, or a history of abuse. Other causes can be both social and biological. Mental illnesses are common, and there are treatments available.

Also consider:

- We all go through different stages of life and experience stress, trauma, or other types of mental health challenges. Most individuals recover with support and treatment.
- Immigrants suffer unique barriers of being uprooted, in the process of adjustment to a new society, and when trying to access mental health services.
- Issues such as language fluency, lack of health insurance, and immigration status prevent many from seeking services that would improve their quality of life by managing a mental health challenge.

Santa Clara County Resources

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| Emergency 24/7 (Police/Fire) <i>911 Ask for a C.I.T. officer trained in mental health issues</i> | |
| Information and Referrals 24/7 | 211 |
| Suicide and Crisis Hotline 24/7 | 1-855-278-4204 |
| Suicide Prevention Lifeline (National) | 800-273-TALK (8255) Veterans: Press 1 |
| Contact Cares Crisis and parental stress hotline | 408-850-6125 |
| Mental Health Urgent Care | 408-885-7855 |
| Mental Health Services Call Center 24/7 assistance in accessing County mental health services, referrals to community services, and assistance during a mental health crisis | 800-704-0900 |
| National Alliance on Mental Illness | 800-950-NAMI |
| GATEWAY Drug/alcohol linkage services | 800-488-9919 |
| Uplift Mobile Crisis Unit Children under 18 | 408-379-9085 |
| AACI Mental Health Services | 408-975-2763 |
| Alum Rock Counseling Center | 408-294-0500 |
| Gardner Mental Health Services | 800-704-0900 |
| Community Solutions | 408-683-4118 |
| LGBTQ Youth Space | 408-343-7940 |
| Ujima Adult & Family Services | 408-928-1700 |
| Shelter Referrals 24/7 | 800-774-3583 |

For a full list of resources by location, age, faith and culturally specific sites check out:

<http://mentalhealthstartswithme.org/mental-health-resources/>

Know the Signs



The warning signs of emotional pain or suicidal thoughts aren't always obvious. Here's what to look for:

Verbal Clues

- "I just want out."
- "I won't be around much longer."

Physical Clues

- Changes in sleep
- Chronic headaches
- Stomach problems

Behavioral Clues

- Reckless behavior
- Feeling hopeless, desperate, trapped
- Increased drug or alcohol use
- Withdrawal



- Anxiety or agitation
- Sudden mood changes
- No sense of purpose

Situational clues

- Exposure to trauma
- Victim of assault
- Diagnosis of a terminal illness
- Death of a loved one



Are you worried about someone in your life who might suffer from a mental health challenge but do not know what to do?

Follow these steps:

1. **Talk with them in private, and share the reason why you are concerned. Ask open-ended questions that lead to answers that go beyond “yes,” or “no.” Then listen attentively to what they have to say.**

2. **Offer hope and support. Let them know that struggling with mental health challenges is common and that people can heal.**



3. **Share resources. Offer information about where they can find help.**

4. **Follow up. Ask them how you can continue to help and take into account what they say.**

5. **To learn more about the signs of suicide, how to have a conversation with someone you care about, and to obtain more resources, visit the website:**
www.suicideispreventable.org

The impact of immigration enforcement and deportation on mental health

- Consistent stigmatization of immigrants, harmful immigration policies, and immigration enforcement actions create serious mental health challenges.
- The unexpected ICE visit or deportation of a loved one often cause psychological trauma, especially in children. Separation from a parent can create feelings of abandonment, fear, anxiety, and depression. For children, not being able to communicate with their parents and the inability to say goodbye contributes to the anguish.
- Many parents who remain in the country stop obtaining services or decrease contact with public services for fear of being deported.

Recommendations:

- Develop an emergency plan in case a loved one is deported.
- Talk about your emergency plan with your family members who remain in the country.
- People and organizations that can give you support include health care providers, legal service providers, and churches.

Legal resources for immigrants:

<https://www.sccgov.org/sites/oir/Documents/Immigration%20Legal%20Services%20Flyer%20OIR%20December%202017.pdf>

Rapid Response Network: 408-290-1144

To locate ICE detainees:

<https://locator.ice.gov/odls/#/index>

Mental Health Guide for Immigrants



The immigrant community is facing a lot of stress that intensifies mental health challenges. Santa Clara County has a variety of resources available to all, regardless of immigration status.

