

What should I do if my friend is talking about suicide?

Encourage your friend to come for Mental Health Services—there is always someone who will talk to your friend – just walk in the door and ask for help. If your friend doesn't want to go to Mental Health, you may call the Mental Health Crisis Intervention Clinic for your friend. The staff will advise and assist you in how to help your friend. Law Enforcement Officers may help also, so you can help your friend.

What should I do if I am feeling so depressed I don't want to get out of bed in the morning? I don't want to go out of the house or have people around or do anything.

Call Mental Health! After an initial assessment, you may be referred to see a counselor or a doctor for a medication evaluation. There are many antidepressant medications. One may be helpful for you as you learn new ways to help yourself. A counselor may be able to help you learn what you can do to help yourself.

Will news of my difficulties get around town?

Information received at Mental Health is confidential. Because of the personal nature of our work, privacy is one of our most important principles. There are legal exceptions to the confidentiality rules. Please ask for information any time.

If I go, what kind of help would I get?

This depends on what your needs are. Each person is unique and requires an individual approach. A mental health counselor will talk with you and help you determine what is needed.

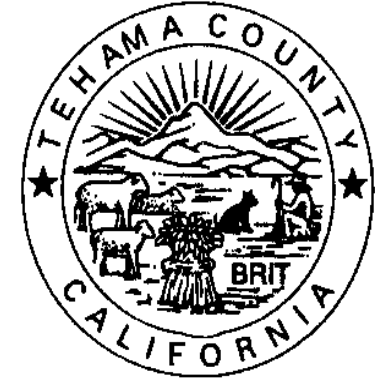
If you have a problem with services:

Give us the opportunity to help. We will do our best to solve your problem. The Quality Assurance Manager is responsible for assisting you, but you may also discuss your issue with anyone at our agency. Our Member Problem Solution Guide tells you in more detail about our problem resolution process.

You also have the right to request a State Fair Hearing at anytime, whether you use our problem resolution process or not. Call 1-800-952-5253. If you are hearing impaired you may use TDD by calling 1-800-952-8349.

You may request a State Fair Hearing at any time before, during, or within 90 days after completion of our problem resolution process.

**TEHAMA COUNTY
MENTAL HEALTH
SERVICES**



 **ADDRESS AND PHONE**

**Tehama County Health Services Agency
Mental Health Division**
Medi-Cal Mental Health Plan
1860 Walnut Street
Red Bluff, CA 96080
(530) 527-5631
Fax (530) 527-0232
Toll free 1-800-240-3208

Crisis services are available 24 hours daily
Call 1-800-240-3208 or (530) 527-5637
TCMHP Community Crisis Response Unit
Fax: (530) 527-0249

Patient's Right Advocates

Lynn Corda Chamblin (530) 527-4893
Shirley Fay (530) 824-5451 (530) 585-2320
Gail Locke (530) 527-5290

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Tehama County Health Services Agency Mental Health Division

The Mental Health Division serves the residents of Tehama County who are having one of a variety of emotional problems, including depression and anxiety, or more serious illnesses such as schizophrenia and bipolar disorder. The staff is committed to providing services which will be both timely and helpful to you as you work to help yourself.

Services offered include:

- **Crisis intervention**
- **Psychiatric evaluation**
- **Medication evaluation**
- **Information and referral**
- **School services**

Each individual's Service Plan is approved by a multi-disciplinary team of professionals. Each team member is trained to work with individuals with mental health problems. This team may include a:

- **Psychiatrist (M.D.)***
- **Marriage and Family Therapist (LMFT)***
- **Clinical Social Worker (LCSW)***
- **Registered Nurse (R.N.)***
- **Case Resource Specialist**
- **Mental Health Rehabilitation Specialist**
- **Masters Level MFT Interns**
- **Masters of Social Work Associates registered with the state and under direct supervision of licensed staff**

(* = licensed)

Together, the Mental Health team assists individuals as they work to achieve their treatment goals.

The Mental Health Team provides a wide range of treatment modalities to assist each individual or family, including special services for adults, youth/children, and access to inpatient services.

Ask about:

- **Crisis services**
- **Individual counseling**
- **Case management**
- **Youth/Children's Services**
- **Support groups**
- **Problem solving groups**
- **Day treatment**
- **Family counseling**

Mental Health also provides services to schools in Tehama County. Staff participate in several areas.

Ask about:

- **Teacher consultation**
- **EPSDT School-based counseling**
- **Educationally-related mental health services**

The mental health staff is committed to the preservation of individual rights. Questions about rights are welcomed. Some basic rights include the right to:

- **Dignity, privacy, human care**
- **Participate in the choice of counselor, case resource specialist, doctor.**
- **Accept or refuse services**
- **Informed consent about medication and treatment**
- **Patient Rights Advocate**
- **Confidentiality**

Confidentiality: communication between an individual and anyone at mental health is privileged and cannot be discussed with anyone outside the department without written permission by the individual or a court order by a judge. There are some legal exceptions to confidentiality, which can be explained by staff.

DIRECTOR'S NOTE

Welcome to Tehama Mental Health Services. We endeavor to provide the highest quality provisional mental health services to you. If at any time you have questions or concerns, feel free to call (530) 527-8491.

Am I eligible for services at Mental Health ?

Tehama County Mental Health provides a full range of services for Medi-Cal recipients. We also provide our full range of services for those clients with no insurance who qualify. This includes adults with chronic pervasive mental illness such as Schizophrenia or Bipolar Disorder, and children with severe emotional disturbance (SED). Fees are based according to income by a unique sliding scale. Stabilization and referral services are provided to all county residents in crisis 24/7 regardless of payment source.

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