



沙加緬度縣
公共健康服務部
精神健康組

沙加緬度縣精神健康計劃是為了提供精神健康服務給所有符合資格的人們。並支持他們得到且維持一個有尊嚴的生關注到個別文化背景之異同，與不同口語文字交流種種的需要。特備有免費翻譯以及對耳聾人士提供電話通訊服務。

精神健康服務

我如何有資格得到該項服務？

如需要得到精神健康服務，請電話ACCESS (916)875-1055。ACCESS 又分為兩部門：成年與老人部門及兒童與少年部門。ACCESS提供各種諮詢，評估並授權精神健康服務以及介紹推薦到合適的服務單位。ACCESS 提供每日二十四小時，每週七天全時間服務。並且有雙語人員以耳聾電話機器服務等等。

由何處提供服務？

此服務由縣政府，社區為基礎的職員工，或者社會熱心人士提供。

何人可推薦此合適服務？

個人，家庭或監護人，監護人親屬，社工，學校員工，醫生，或社會熱心人士皆可。

如何得到緊急援助？

如患者有突發性精神病症或者需要緊急救治者，患者或者監護人士可致電(888) 881-4881。將有精神科專員為您服務。如果患者不確定是否是緊急狀況，請電(888) 881-4881如果緊急狀況不可等待患者可在任何時間到最近精神治療中心接受危機幫助。

現有服務

精神健康組提供各種兒童與成人精神健康服務。不同服務適合不同年齡與不同需要的人士。其中包括：

- 接觸服務層為能達到的人口。
- 測量評估病情與治療方 。
- 提供簡短治療與輔導：包括個人，家庭或小組。
- 穩定住家狀態。安人幫助。
- 穩定緊急狀態。
- 個 管理
- 藥物評估與支援心理測試。
- 日間復健治療
- 心理檢測。
- 住院服務

沙加緬度精神健康組保留並且認同個人隱私權利條文，對所有資料行保密。絕對遵守加州州政府與聯邦政府的保密條例。

ACCESS
(916)875-1055
如果需要更多資
訊，請電查詢。

ACCESS Toll Free
1-888-881-4881
二十四小時熱線

TTY/TDD
耳聾人士提供電話：
(916) 876-8892



COUNTY OF SACRAMENTO
DEPARTMENT OF HEALTH SERVICES
DIVISION OF BEHAVIORAL HEALTH SERVICES

Sacramento County Mental Health Plan is committed to providing all eligible persons mental health services and support to attain and maintain the most dignified life existence possible. Sacramento County Division of Behavioral Health Services will insure persons of culturally diverse backgrounds full access to services that are culturally and linguistically appropriate and sensitive to their needs. Interpreters for non-English speaking clients including the deaf are provided free of charge for all services.

Mental Health Services

How can I obtain mental health services?

A person requesting mental health services can call ACCESS at (916) 875-1055. ACCESS is comprised of two teams: one for adults/older adults and one for children/youth. The ACCESS teams give information, assess for service needs, authorize mental health services, and make referrals.

Mental health ACCESS provides information twenty-four hours a day, seven days a week. Bilingual services and telephone devices for the deaf are available.

Where are services provided?

Services are provided by county or community based provider staff in facilities located throughout the county.

Who can make a referral?

An individual, parent or advocate can request services. An advocate can be a relative, community agency staff, physician, school staff, or any interested party.

How do I get emergency help?

If a person has a psychiatric emergency or needs urgent care, the person or advocate may call (888) 881-4881 for a telephone consultation. If you are unsure about whether the situation is an emergency, call (888) 881-4881. If your situation cannot wait, go to the nearest emergency room.

Available Services

The Division of Behavioral Health Services provides mental health services for adults and children. Services vary according to age and needs of the individual but may include:

- Assisted access to underserved populations, including outreach
- Evaluation and assessment
- Brief therapy and counseling: individuals, family and group
- Peer and family member support
- Crisis residential
- Case management
- Medication evaluation and support
- Day rehabilitation
- Psychological testing
- Hospitalization

Sacramento County Division of Behavioral Health Services maintains a policy of honoring an individual's right to privacy and confidentiality of their records. The Division follows State and Federal laws and regulations regarding confidentiality.

FOR MORE INFORMATION

Access
(916) 875-1055

TTY/ TDD
(916) 876-8892

24 Hour Mental Health Access Line
1-888-881-4881