



County of Sacramento

Sab Kev Noj qab Haus huv thiab Sab Kev Pab Neeg Phab Kev Nyuaj Siab

Sacramento County Sab pab txog Kev Nyuaj Siab tau cog lus pab rau cov neeg muaj kev nyuaj siab kom zoo li peb yuav pab tau. Ib cheeb tsam nrog Sacramento peb yuav ntsuam xyuas kom zoo tshaj txog rau cov neeg uas tuaj txawv teb chaws tuaj kom muaj kev pab cuam kom zoo npaum li peb yuav pab tau thiab yuav nrhiav neeg txhais lus pub dawv rau cov tsis paub lus thiab rau cov neeg lag ntseg.

Cov Kev Pab Los Ntawm Chaw Nyuaj Siab

Yuav ua li cas kuv thiaj nrhiav tau kev pab txog txoj kes nyuaj siab?

Yog koj xav tau kev pab txog kev nyuaj siab, hu rau ACCESS ntawm tus xov tooj (916) 875-1055. ACCESS muaj ob lub chaw, xws li, lub pab rau cov laus thiab lub pab rau cov me nyuam yaus. ACCESS yog qhov chaw muab tswv yim thiab pab ntuas los yog daws teb mem thiab xa mus rau lwm qhov chaw pab.

Hauv tsev nyuaj siab ACCESS yeej pab tau nej txhua lub sij hawm, txhua hnuv. Cov tsis paub lus thiab tsis hnov lus los peb yeej muaj chaw pab tau.

Cov Chaw Pab nyob Qhov Twg?

Cov chaw pab muaj nyob txhua qhov chaw ntawm cheeb tsam hauv Sacramento thiab cov koom haum Hmoob.

Leej twg thiaj li xa tau koj mus?

Koj hu mus los tau, niam thiab txiv los yog cov txheeb ze, Cov koom haum hmoob, Koj tus doctor, Tsev kawm ntawv los yog cov phooj ywg uas ze koj.

Yog mob nyhav yuav Nrhiav Kev pab li cas?

Yog hais tias leej twg muaj kev nyuaj siab heev los yog xav kom tau kev pab sai, hu rau cov neeg ua hauj lwm tim qhov chaw Tsev nyuaj siab, tus xov tooj: (888) 881-4881. Yog koj tsis paub meej txog koj tus mob tias nyhav los yog tsis nyhav koj hu rau (888) 881-4881. Yog hais tias koj mob nyhav tos tsis taus, koj yuav tau mus rau ntawm lub tsev kho mob uas ze koj.

Cov Chaw Pab

Phab kev pab ntawm chaw nyuaj siab rau cov laus thiab cov me nyuam yaus. Cov kev pab ntawd nyob ntawm tus neeg uas muaj kev nyuaj siab li cas, raws li nram qab no:

- Nrhiav kev pab thiab ntsuam xyuas rau cov neeg uas tsis paub txog tej kev pab no
- Ntsuam xyuas thiab nug txog kev nyuaj siab
- Sab laj mloog txog kev nyuaj siab: ib leeg, ib tsev neeg los yog ib pab
- Pab rua kev nyuaj siab kom nyob kaj lug
- Muaj teeb meem hauv tsev
- Tuav koj cov ntaub ntawv
- Ntsuam xyuas thiab pab qhia txog kev noj tshuaj
- Pab saib xyuas kom zoo txhua hnuv
- Kev pab thiab qhia kom rov zoo li qub
- Pw tim tsev kho mob

Hauv Sacramento County sab kev nyuaj siab yuav muab nej saib rau qhov siab tsis pub kom muaj leej twg yuav los paub thiab pom nej tej ntaub ntawv thiab paub txog nej tej kev nyuaj siab. Peb yeej ua raws li txoj kev cai uas luag tau muab teev tseg rau hauv peb lub xeev California thiab teb chaws no txog kev npog tej lus uas koj hais.

Xav Paub Ntau Tshaj No Ntxiv Hu Rau:

ACCESS tus xov tooj
(916) 875-1055

TTY/TDD (Rau tus tsis hnov Lus)
(916) 876-8892

ACCESS tux xov tooj hu dawb (24 xuab moo)
1-888-881-4881



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