

MENTAL HEALTH CARE

Trauma Drama: Feels like you are losing it.



DON'T FEEL LIKE DOING ANYTHING

LASHING OUT IN ANGER

SLEEPING A LOT

HEARING VOICES

RINGING IN EARS

CONFUSION

EATING DISORDERS

MOOD SWINGS

DEPRESSION

CRYING

YOU ARE NOT ALONE!

What do you do when the doctor says it's not medical?



VISIT **OPA.CA.GOV** 



Have a problem or complaint with your health plan?
Call 1.888.466.2219 or visit HealthHelp.ca.gov

Find the Office of the Patient Advocate on:  

You're going through it, and you can make it through.

California's Office of the Patient Advocate
is here to help you.



There is hope.

Ask for help and support from your health plan.

Your health plan may cover mental health treatment, individual and family behavioral counseling, eating disorders, anger management, anxiety treatment and other confidential services. **Talk with your doctor about seeing a mental health specialist:**

- Clinical Psychologist
- Social Worker
- Marriage and Family Therapist
- Psychiatrist

Who to contact:

National Alliance on Mental Illness (NAMI)

(916) 567-0163 / www.NAMI.org

Share Ourselves

www.StoriesThatHeal.samhsa.gov

Suicide Prevention Lifeline

1-800-273-TALK (8255) / www.SuicidePreventionLifeline.org

For information and education materials about getting the most out of your health plan, call the Office of the Patient Advocate (OPA) at 1-866-466-8900 or visit www.opa.ca.gov

For problems or complaints about your health plan, call the Help Center at 1-888-466-2219 or visit www.HealthHelp.ca.gov

