

Statewide and National Mental Health Resources:

National Suicide Hotline
(800) 999-9999

California Department of Mental Health
California's public mental health system with services and information available for adults and children
1-800-896-4042
www.dmh.ca.gov

California Network of Mental Health Clients
A peer-run advocacy organization for mental health consumers
1-800-626-7447
www.californiaclient.org

Center for Mental Health Services
Provides information about mental health
1-800-789-2647

Mental Health Association of California
Information and advocacy for people with mental health problems
(916) 557-1167
(800) 273-8255

Mental Health Services Oversight and Accountability Commission (MHSOAC)
Provides policy, fiscal and program oversight related to the Mental Health Services Act (MHSA)
(916) 445-8696
www.mhsoac.ca.gov

National Alliance for the Mentally Ill (NAMI)
An advocacy group for people with mental illness and their families
(800) 950-6264

National Mental Health Association
Information, advocacy and referrals for adults and children
(800) 969-6642
(800) 433-5959

Protection and Advocacy
Information on the rights of people with mental health disabilities
(800) 776-5746

Websites:

www.caregiver.org – Family Caregiver Alliance

www.psych.org – American Psychiatric Association

www.safemedication.com – Provides easy-to-understand information about medications

www.supportpath.com – Support groups and chat rooms for patients and family members

www.healthyplace.com - Communities/support groups regarding mental illness