



Mental Health Awareness Month



14% of California's total population experience a mental health condition! That means over **5.5 million youth and adults** are experiencing mental illness each year.



1 in 5 U.S. adults experience mental illness*

17%

of youth (6-17 years) experience a mental health disorder*

1 in 20

U.S. adults report experiencing serious or chronic mental illness*

34%

of U.S. adults with mental illness also have a substance abuse disorder

**YOU ARE NOT ALONE!
CALL THE HCA IF YOU ARE
HAVING TROUBLE ACCESSING
MENTAL HEALTH CARE
888.804.3536**

A TIME TO RAISE AWARENESS

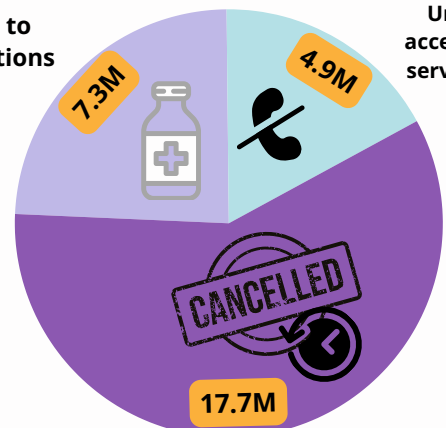
Increasing access to effective care is crucial for youth and adults depending on mental health services.

Below are some trusted resources to help you find access to services and care.

Nationally, Adult mental health patients continue to experience significant challenges in accessing services.



Delays to prescriptions



Unable to access care or services at all

People with Delays or Cancelled appointments

HELP is available!

National Suicide and Crisis Line - Dial 988.

Call HCA's Statewide Toll-free number: 1-888-804-3536 to be connected to the HCA program in your area and to get help overcoming barriers to accessing Mental Health care.

California Peer-Run Warmline—Call or Text 1-855-600-WARM - Provides mental and emotional support from trained counselors.

DHCS Mental Health Services Division Call 1-888-452-8609

SAMHSA's National Helpline—Call 1-800-662-4357 a free, confidential, 24/7, treatment referral and information service for individuals and families facing mental and/or substance use disorders. Available in English and Spanish.

What if I have Medi-Cal with a Managed Care Plan?

Contact your Medi-Cal Managed Care Plan or provider to request needed mental health care.

If you have any difficulties accessing services, the Health Consumer Alliance can help!

Contact your local HCA partner for free help at
1.888.804.3536 Healthconsumer.org