



**Mental
Health
Awareness
Month**

SPECIALTY MENTAL HEALTH SERVICES FOR ADULTS

WHAT ARE SPECIALTY MENTAL HEALTH SERVICES (SMHS)?

mental health services that are more **intensive & supportive**, primarily for adults with **serious mental illnesses or disorders**, provided by county Mental Health Plans (MHPs)

SPECIALTY MENTAL HEALTH SERVICES FOR ADULTS INCLUDE:

Psychiatrist & Psychologist services
Psychiatric inpatient hospital services

Psychiatric nursing facility services
Targeted case management

Rehabilitative mental health services, medication **support**, day treatment intensive, crisis intervention/**stabilization**, and more.



In California

5.8 Million adults received SMHS (2021)



1 in 6 adults experience mental illness and **1 in 25** adults experience **serious mental illness**

Serious mental illness among Californians is **higher and more common** for those living in poverty.

Experiencing a mental health condition is a **major risk factor for suicide**. **Aging adults 85+** have the **highest rate** of suicide in California.

HELP is available!

If you think you need Special Mental Health Services & Treatment you can **call your local MHP** to ask for an initial assessment.

If you are **having trouble accessing services** you can file a grievance and/or appeal with your County MHP and/or call the DHCS Office of the Ombudsman at 1-888-452-8609

REMEMBER!!

Health Consumer Alliance (HCA) is here to help! **Call the HCA's Statewide Toll-free number** to be connected to help in your area.

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