

PERCEPTIONS OF MENTAL ILLNESS

- Considerations on the Use of Language as it Describes Mental Illness
Local and national resources:
NAMI (916) 567-0163;
211 California Resource line;
County Access Line 888-678-7277.
- Mobile Crisis
- History of Connection Between Homelessness and Mental Illness:

Deinstitutionalization

Long term care in mental institutions was perceived as taking a toll on the tax payers of the '60s, '70s and '80s. To shift costs from state to federal budgets, cuts were made to the hospitals in favor of short term care, thus releasing huge populations of mentally ill adults into the streets.

Other factors:

A socio-political movement for community mental health services and open hospitals;

The advent of psychotropic drugs able to manage psychotic episodes;

- Delusions and believing them: Delusions can be auditory or visual hallucinations, thoughts or beliefs. **Treat them as you would a religious belief**

Crisis Services

Mental Health Crisis Services

Anyone living in Contra Costa County who experiences a mental or emotional crisis can get help. Mental Health Crisis Services are available in person or over the phone 24 hours a day, seven days a week at:

- **Psychiatric Emergency Services**
Contra Costa Regional Medical Center (north side)
2500 Alhambra Avenue
in Martinez
- **For emergencies and referral information call 1-888-678-7277 any time day or night. The call is free.**

Services for Adults

24 Hour Hotlines/Crisis Counseling

Mental Health Crisis Services

1-888-678-7277

For emergencies and referral information call 1-888-678-7277 any time day or night. The call is free.

Stand! Against Domestic Violence:

(Formerly Battered Women's Alternatives)

1-888-215-5555

Emergency shelter, legal assistance, and a variety of other resources for victims of intimate partner violence. Operated 24 hours/day. Offices in Richmond, Concord, and Antioch.

<http://www.standagainstdv.org>

Casa Hispana:

925-689-1799

Immigration law and legal consultation offered Monday - Friday, 9 a.m. - 5 p.m.

Located in Concord.

Child Abuse Prevention Council:

925-946-9961

<http://capc-coco.org/>

For referrals to parenting resources, training on child abuse issues, etc. Calls taken mon. - fri., 9 am - 5 pm. Based in Walnut Creek.

Contra Costa Crisis Center:

1-800-833-2900

<http://www.crisis-center.org/>

24-hour suicide hotline; grief counseling program; suicide prevention; and more. Based in Walnut Creek.

Elder Abuse Prevention:

888-545-SAFE (or 510-233-3427)

Offers advice on elder abuse situations Monday - Friday, 9 a.m. - 5 p.m. Offices in Richmond.

<http://www.oaktrees.org/elder/>

Homeless Hotline:

1-800-808-6444

Referrals to homeless shelters in the East Bay, operated 24 hours/day.

International Institute:

510-451-2846

Immigration paperwork for battered and low-income women. Contact Monday - Friday, 9 a.m. - 5 p.m. Located in Oakland.

<http://www.iieb.org/>

Community Violence Solutions:

Operates 24 hour crisis hotline that can also provide referrals to the Center's individual and group counseling; sexual assault victim advocacy. Offices in Richmond and Antioch.

West County: 510-236-7273

Central County: 925-798-7273

East County: 925-439-7273

Rainbow Community Center:

925-692-0090

<http://www.rainbowcc.org/>

Community service center serving Contra Costa's lesbian/gay/bisexual/transgendered communities.

Victim/Witness Program:

1-800-648-0600

Consultation on how victims of violence can apply for restitution from the state of California. Calls taken Monday - Friday, 9 a.m. - 5 p.m. Located in Martinez.

Services and Resources for Teens

24 Hour Hotlines/Crisis Counseling

Mental Health Crisis Services

1-888-678-7277

For emergencies and referral information call 1-888-678-7277 any time day or night. The call is free.

Stand! Against Domestic Violence:

(Formerly Battered Women's Alternatives)

<http://www.standagainstdv.org/>

Crisis Line: 1-888-215-5555

Contra Costa Crisis Center:

<http://www.crisis-center.org/>

Suicide and Crisis Hotline: 1-800-833-2900

California Youth Crisis Line:

1-800-843-5200

Community Violence Solutions:

Central Co.: 925-798-7273

West Co.: 510-236-7273

East Co.: 925-439-7273

Shelter

Stand! Against Domestic Violence:

(Formerly Battered Women's Alternatives)

Accepts adolescent victims (women only) on a case-by-case basis.

1-888-215-5555.

Contra Costa Youth Runaway Hotline:

1-800-718-4357.

Diamond Youth Shelter:

San Francisco-based emergency shelter for homeless and runaway youth. 1-800-887-1020.

Counseling

A Step Forward Child Abuse Treatment:

Individual counseling for youth healing from sexual abuse; varied rates. 925-685-9670.

Medi-Cal Mental Health Services:

Individual therapy for Medi-Cal patients. 1-888-678-7277.

Stepping Stones Counseling Center:

Individual and group counseling for girls healing from sexual abuse, abusive relationships, and sexual assault. Free of charge or sliding scale fee. 510-307-4131.

Turning Point Counseling Center:

Individual counseling for youth; varied rates. 925-934-8925.

Legal and Victim Services

Stand! Against Domestic Violence Legal Program:

Assistance with restraining orders, family law issues, etc. 925-676-3122.

Victim/Witness Program:

Provides support services, referrals, and consultation to victims of violent crime, on how to apply for restitution from the state of California. 1-800-648-0600.

Self Defense

Girls' Assertiveness Training, Rape Crisis Center:

Seven hour course on assertive behavior, self-defense, decision-making, and more. 510-237-0133.

Community Violence Solutions:

Central Co.: 925-798-7273

West Co.: 510-236-7273

East Co.: 925-439-7273

Internet Resources

Love Doesn't Have to Hurt Teens:

<http://www.apa.org/pi/pii/teen/>

The Love Doesn't Have to Hurt Teens site includes sections on the dynamics of abusive relationships, ways for concerned friends to provide help, and resources for teens.

Queer America:

Resources for Lesbian, Gay, Bisexual, Transgendered Youth:

<http://www.queeramerica.com/>

QueerAmerica is a database that includes information for queer and questioning youth on community centers, support organizations, and lesbigay youth groups.

Safety Planning:

<http://www.safenetwork.net/>

If you're being abused, this teen focused plan can help you figure out ways to stay safe.