

Mental Health Resources for Patients

Mental Health Resources for Patients

When you were told you were diagnosed with End Stage Renal Disease, what was going through your mind? Were you unsure how you were going to pay for it? Were you thinking that you might lose your job because of the dialysis schedule? Did you wonder how your family was going to be affected by this disease? Were you experiencing anger and/or fear? All of these thoughts, and many more, are normal.

Research shows that 44% of newly diagnosed patients are affected by depression upon admission to a dialysis facility. Understanding the signs of depression can assist you with obtaining help and resources before your depression worsens. Oftentimes when people experience symptoms of depression or other signs of potential mental illness, there is no discussion of these feelings and thoughts due to the stigma associated with mental health. You may experience feelings of shame or denial. Sometimes patients cope with their disease through expression of anger towards others. These feelings and responses are normal. We encourage you to consider the following if you are experiencing difficulty adjusting to ESRD:

Express your feelings to a family member or friend.

Speak to someone that you are spiritually connected to (Pastor, Priest, Rabbi, etc.)

Talk to your Social Worker at your dialysis facility.

Attend an AA/NA meeting if you have a substance dependency problem or are using substances to cope.

ESRD Network 18 may be able to assist you in locating appropriate referral sources to seek mental health and/or substance abuse services.

Lastly, if you are experiencing thoughts of harming yourself or others, we hope that you utilize the phone numbers provided to you on the following pages entitled Mental Health Crisis Contacts. We also encourage you to explore the county mental health programs for on-going support and counseling.

Mental Health Crisis Contacts

Imperial County (800) 817-5292 442-265-1600	San Bernardino County (888) 743-1478
Inyo County (760) 873-6533 (800) 841-5011	San Diego County Adult Crisis Line: (888) 724-7240 Children's Emergency Screening Unit: (619) 421-6900
Kern County (800) 991-5272 (661) 868-800	In San Diego County, PERT is available through local police by calling 911 and asking to have a PERT member respond to the crisis.

Kings County (559) 582-4484 (800) 655-2553	San Luis Obispo County (800) 838-1381
Los Angeles County (800) 854-7771	Santa Barbara County (888) 868-1649
Orange County (877) 727-4747	Tulare County (800) 320-1616
Riverside County (951) 686-4357	Ventura County (866) 998-2243

IMPERIAL COUNTY

Website:

www.co.imperial.ca.us/behavioralhealth/

www.imperial.networkofcare.org/mh/

Consumer Information

Imperial County Behavioral Health Administration 202 North 8th Street El Centro, CA 92243 442-265-1600	Intake Clinic 202 North 8th Street El Centro, CA 92243 442-265-1523
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CRISIS INTERVENTION NUMBER

Access/Service Referral Number

442- 265-1525 or 800-817-5292

INYO COUNTY

Consumer Information

Inyo County Behavioral Health 162 Grove Street, Suite J Bishop, CA 93514 760-873-6533	Intake Clinic 162 Grove Street, Suite J Bishop, CA 93514
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CRISIS INTERVENTION NUMBER

and Access/Service Referral Number

760-873-6533 or 800-841-5011

KERN COUNTY

Website:

www.kern.networkofcare.org/mh/

www.co.kern.ca.us/artman2/kcmh/publish/

Consumer Information

Kern County Mental Health Administration
2001 28th Street
Bakersfield, CA 93301
661-868-6600

Intake Clinic
Mary K. Shell Mental Health Clinic
2151 College Avenue
Bakersfield, CA 93307
661-868-8080

CRISIS INTERVENTION NUMBER
Access/Service/Referral Number
661-868-8000 or 800-991-5272

KINGS COUNTY

Website:
www.kcbh.org/

Consumer Information

Kings County Behavioral Health Administration
450 Kings County Drive, Suite 101
Hanford, CA 93230
559-852-2444

Intake Clinic
Kingsview Counseling Services
1393 Bailey Drive
Hanford, CA 93230
559-582-4481

CRISIS INTERVENTION NUMBER
Access/Service Referral Number
559-582-4484 or 800-655-2553

LOS ANGELES COUNTY

Website:
<http://dmh.lacounty.gov/wps/portal/dmh/>
www.losangeles.networkofcare.org/mh/

Consumer Information

Los Angeles County Department of Mental Health
550 South Vermont Avenue, Room 502
Los Angeles, CA 90020
213-738-3948

Call to be directed to the nearest intake center.

CRISIS INTERVENTION NUMBER
and Access/Service Referral Number
800-854-7771

ORANGE COUNTY

Website:
www.ochealthinfo.com/bhs/
www.orange.networkofcare.org/mh/

Consumer Information

Orange County Health Care Agency
Behavioral Health Services
200 W. Santa Ana Boulevard
Santa Ana, CA 92701
714-834-5917

Call to be directed to the nearest intake center.

CRISIS INTERVENTION NUMBER
and Access/Service Referral Number
800-854-7771
CAT Team 866-830-6011

RIVERSIDE COUNTY

Website:
www.rcdmh.org/
www.riverside.networkofcare.org/mh/

Consumer Information

Riverside County Department of Mental Health
4095 County Circle Drive
Riverside, CA 92503
951-358-4500

Intake Clinic
Emergency Treatment Services
9990 County Farm Road Suite 4
Riverside, CA 92505
(951) 358-4881

CRISIS INTERVENTION NUMBER
and Access/Referral Number
(951) 686-4357

Mental Health Program
(CARES)
800-706-7500

SAN BERNARDINO COUNTY

Website:
www.sbcounty.gov/dbh/mhcommission/mhcommission.asp
www.sanbernardino.networkofcare.org/mh/

Consumer Information

San Bernardino County Behavioral Health
Administration
303 E. Vanderbilt Way
San Bernardino, CA 92415
909- 386-8256

Call to be directed to the nearest intake
clinic.

CRISIS INTERVENTION NUMBER
and Access/Referral Number
888-743-1478

In Crisis, but don't need 911?
Call (909) 386-8256

SAN DIEGO COUNTY

Website:

www.sdcounty.ca.gov/hhsa/programs/bhs/

www.sandiego.networkofcare.org/mh/

Consumer Information

San Diego County Behavioral Health Services 3255 Camino Del Rio South San Diego, CA 92108 619-563-2700	Call to be directed to the nearest intake clinic.
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CRISIS INTERVENTION NUMBER
and Access/Referral Number
888-724-7240

SAN LUIS OBISPO COUNTY

Website:

www.slocounty.ca.gov/health/mentalhealthservices.htm

Consumer Information

San Luis Obispo County Mental Health Services 2178 Johnson Avenue San Luis Obispo, CA 93401 805-781-4700	Intake Clinic 2178 Johnson Avenue San Luis Obispo, CA 93401
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CRISIS INTERVENTION NUMBER
and Access/Referral Number
800-838-1381

For Non-Emergencies
1-800-783-0607

SANTA BARBARA COUNTY

Website:

www.countyofsb.org/admhs/

Consumer Information

Santa Barbara County Behavioral Wellness Administration 300 North San Antonio Road, Building 3 Santa Barbara, CA 93110 805-681-5220	Intake Clinic Access Team (CARES) 2034 De La Vina Santa Barbara, CA 93105 (805) 884-6850
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CRISIS INTERVENTION NUMBER
and Access/Referral Number
888-868-1649

TULARE COUNTY

Website:

www.tchhsa.org/hhsa/index.cfm/health-well-being/mental-health-clinical-services/description/
www.tulare.networkofcare.org/mh/

Consumer Information

Tulare County Health and Human Services Agency
Mental Health Clinical Services
5957 South Mooney Boulevard
Visalia, CA 93277
559-624-7445

Intake Clinic
Visalia Adult Clinic
520 E. Tulare Avenue
Visalia, CA 93292
(559) 623-0900

CRISIS INTERVENTION NUMBER
800-320-1616

Information/Referral Number
800-834-7121

VENTURA COUNTY

Website:

www.vchca.org/agency-divisions/behavioral-health
www.ventura.networkofcare.org/mh/

Consumer Information

Ventura County Behavioral Health Department
1911 Williams Drive, Suite 110
Oxnard, CA 93036
805-981-6830

Intake Clinic
1911 Williams Drive, Suite 165
Oxnard, CA 93036
(805) 388-4341

CRISIS INTERVENTION NUMBER
and Access/Referral Number
866-998-2243

California Mental Health Directors Association (CMHDA)

California Institute for Mental Health (CIMH)

2125 19th Street, 2nd Floor
Sacramento, CA 95818
Fax: (916) 446-4519

CMHDA - Phone: 916-556-3477

Kirsten Barlow, Executive Director, ext 1108
Andrea Porter, Sr. Executive Assistance, ext 1105
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