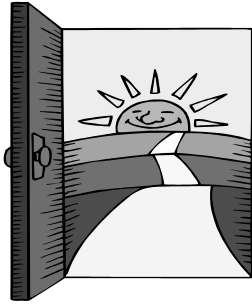


"Stress" at Kalusugan sa Pag-iisip



Mabuti ang iyong pag-iisip kung positibo ang iyong pagtingin sa iyong sarili at sa iyong kapwa tao. Ang Mental Health Department ng Santa Clara County may mga serbisyo para sa lahat (adults, older adults, families and children) kasama na rito ang mga **"mental ill adults and children"** at may mga taong may sakit sa utak o pag-iisip. Narito ang mga katanungan tungkol sa mga serbisyong ito.



Ano ang mental health?

Ang kalusugan ng pag-iisip o mental health, katulad ng kalusugan ng pangangatawan ay dapat na alagaan upang masiguro ang mabuting kalusugan at kasaganaan ng buhay. Masasabing maganda at malusog ang iyong pag-iisip kung:

- May kakayahan kang makiayon at makibagay sa paligid mo;
- May kakayahan kang makila at matanggap ang katotohanan, at
- May kakayahan kang makisama ng maayos sa ibang tao.

Ano ang mental stress?

Bahagi na ng buhay ang lumbay, lungkot o stres. Subalit kung lubhang malalim ang kalungkutang nadarama, maari itong maging sanhi ng problema sa trabaho at sa tahanan. Ang karaniwang dahilan ng mental stress ay:

- Kanaranasang bilang Refugee
- Language barriers o kahirapan sa salita

- Cultural conflicts (pagkakaiba ng kultura),
- Intergenerational differences (ibang henerasyon)
- Marital or family problems (Prblemanag mag-asawa)
- Homesickness (pangungulila),
- Loneliness (kalungkutan),
- Poverty (kahirapan),
- Unemployment (walang trabaho), and
- Career change (pagbabagong trabaho).

Ang mga senyales ng mental stress ay kawalan ng gana sa pagkain, nahihirapang matulog, laging pagod, nahihirapang manatinili sa isang lugar o bagay, laging galit, laging nag-iisip ng masama o suspetyoso, laging nagrekeklamo ng walang, katuturan, kawalang ng pag-asa, laging may kaba at pangitain, alcohol and drug abuse, at suicidal or homicidal ideas.

Ano ang tulong na maaring ibigay ng Santa Clara County sa mental health care?

Maraming programang nakalaan para sa mga outpatient to residential care. Maryroon ding limited screening at referral services na ibinibigay sa pamamagitan ng Call Center, isang centralized information service na gumagana 24 oras sa isang araw, 7 araw sa isang linggo. Ang Call Center ay maryroon ding volunteer suicide and crisis line. Ang toll free number ng Call Center ay 1-800-704-0900 sa Spanish, English o Vietnamese.

Ang Santa Clara County ay may mga serbisyo, suporta at programa para matulungan kayo kalusugang pisikal at mental.



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Other types of services that are available are clinical intake assessment, psychiatric evaluation, psychotherapy, case management, individual and group counseling, marriage and family counseling, child and adolescent counseling, medication supervision, crisis intervention, mental health consultation, mental health education, geriatric services (seniors), referral services, and psychiatric hospitalization.

Anong mental services ang ibinibigay sa Kabataan?

Ang serbisyong alay ay para sa mga seriously emotionally disturbed children at mga kabataan sa pamamagitan ng isang system ng county at mga programang katulad ng mobile crisis, outpatient, day treatment, residential, intensive in-home and comprehensive services.

Paano akong makakabayad para sa serbisyo sa mental health?

Ang pagbabayad ay nakasalalay sa kung magkano ang iyong kinikita o income at kung magkano ang kakayahan mong magbayad. Tinatanggap din dito ang Medi-Cal and Medicare.



ACCESS CRISIS LINE

Tel: 1-800-704-0900

Language(s): Spanish, Vietnamese, other

Services: Crisis services.

ACCESS Program

2221 Enborg Ln, San Jose 95128

Tel: (408) 299-5800

Mga Serbisyo: Screening and referral, limited psychiatric assessments, walk-in crisis intervention, linkage to appropriate services for all county adult and older adult residents in need of mental health services regardless of ability to pay; information and referrals to community mental

health resources, and other social services available to Santa Clara County residents.

Achieve

3860 Middlefield T2, Palo Alto 94303

Tel: (650) 329-2375

Services: Child abuse reports, AID, Disabilities, Discrimination, Domestic violence, Homeless shelter, Poison control, Rape, Youth suicide, Teen stress, Alcohol Drug rehabilitation, Child care.

ACT for Mental Health, Inc.

441 Park Avenue, San Jose 95110

Tel: (408) 287-2640

Language(s): French

Services: Homeless services, counseling, pre-work skills training, Fireside Friendship Club, Community Thrift Shop.

AIDS Legal Services

111 E. Saint John Street, Ste. 315, San Jose 95113

Tel: (408) 293-3135

Language(s): Spanish, English, AT & T Language Line

Services: See project below.

AIDS legal services and advocacy - direct legal service for people with HIV and AIDS

Fair Housing Law Project: housing rights,

LACY: legal advocates para sa mga bata at youth, education law, emancipation, guardianship, homeless and runaway youth and pregnant and parenting teen projects. free legal and social services to minors,

Mental Health Advocacy Project: advocates in accessing mental health services.

ARIS of Santa Clara County

380 N. 1st. St., San José 95112

Tel: (408)293-2747

Website: www.aris.org



Karagdagan pang impormasyon? Tumawag sa SIREN's Immigrant Assistance & Information Line para sa karagdagang programa at impormasyon. Bukas ang linya Lunes-Biyernes, 10am - 4pm, sa bilingual English at iba pang linguahe: Spanish- (408) 286-1698 Vietnamese- (408) 286-1448 Farsi- (408) 286-5680 x108 Chinese- (408) 286-5680 x109

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Language(s): English, Spanish, Hindi, Tagalog

Mga Serbisyo: Housing, Food Services, Food Bank, Emotional and Practical Support, Life Skills, Transportation to Health Services, VTA Bus passes, works closely with Health Connections for case management.

Alliance for Community Care

San Jose #1: 438 N. White Rd., San Jose 95127
Administration: (408) 254-6828

Clinic Service: (408) 261-7777

Literal House: (408) 998-3293

Outpatient Services: (408) 938-6789

San Jose #2: 2001 The Alameda, San Jose 95126
Tel: (408) 261-7777

Palo Alto: 206 California Avenue, Palo Alto 94306
Tel: (650) 617-8340

Language(s): Spanish, Farsi, Cambodian, Vietnamese, Polish, Hindi, French, Tagalog, Mandarin, Russian, Italian, and American Sign.

Services: Adult and senior services (mental health and case management, psychiatric assessment, evaluation of individual's wants, need and resources, prescribing and monitoring psychiatric medications, referral and individual and his/her family, assistance with tasks of daily living as needed, crisis intervention, and peer counseling), special outreach services to homeless mentally ill, La Selva (24 hour residential care and services to people with psychiatric illness as an alternative to or following an acute hospital stay), rehabilitative day treatment, semi-supervised housing for people who do not need a 24 hour staffed setting, permanent housing in the community for adults with psychiatric disabilities, peer support and referral.

Alzheimers Association

330 Distel Circle, Suite A, Los Altos 94022

Tel:(650) 962-8111

Website: www.alzsf.org

Language(s): all through AT&T interpreter services

Mga Serbisyo: Direct assistance/support to patients, families, and caregivers; information and education for health care professionals and the public; advocacy for needed legislation and public policy at local, state, and federal levels; support for research focused on the cause, treatment, and prevention of Alzheimer's disease and related disorders.

Asian Americans for Community Involvement

2400 Moorpark Ave., Ste. 300, San Jose 95128

Tel: (408) 975-2730

Language(s): Cantonese, Mandarin, Taiwanese, Lao Mien, Tagalog, Ilocano, Spanish, Thai, Vietnamese, Japanese, Korean, Lao

Mga Serbisyo: Outpatient mental health, youth violence/substance abuse prevention and treatment, Drinking Driver Program, job training, shelter for domestic violence survivors, senior case management and nutritional meals, ESL and citizenship classes, refugee program, domestic violence/child abuse prevention and treatment, adult and adolescent substance abuse treatment, youth employment and gang intervention. Other sites in East San Jose.

Bascom Mental Health Center

650 S. Bascom Ave., San Jose 95128

Tel: (408) 299-6262 or (408) 971-6932

Language(s): Vietnamese, Spanish, Chinese, Tagalog, Portuguese, and Cambodian.

Services: Family and children outpatient mental health clinic, assessments, emergency evaluations, individual and family therapy, medication evaluations and medication support services, referrals from Juvenile Probation Department, Family Preservation Services, Acute Psychiatric Hospitals, Child Welfare Services, local physicians,



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community clinics, and out-stationed services at 16 schools throughout Central and East San Jose and Sunnyvale and 2 community centers in East San Jose, with 12 staff located on these sites).

Billy De Frank Lesbian & Gay Community Center

938 The Alameda, San Jose 95126

Tel: (408) 293-3040

Website: www.defrank.org

Services: Adult services, HIV Aids prevention, Breast Cancer education, Counseling, Youth Program, senior services, tobacco prevention

Catholic Charities of Santa Clara County

2625 Zanker Road, Suite 200, San Jose 95134

Tel: (408) 468-0100 Fax: (408) 944-0275

E-mail: HR@CCSJ.ORG

Website: CCSJ.ORG

Language(s): Spanish, Vietnamese

Services: Mental health and substance abuse services in a dual diagnosis context. Family therapy for juvenile probation clients. Individual and group outpatient preparation and job placement for adults with serious mental illness. Vocational preparation and job placement for adults with serious mental illness.

Central Mental Health Clinic

2221 Enborg Lane, San Jose 95128

Tel: (408) 267-6220

Language(s): Mandarin, Cantonese, Bosnian, Russian, Farsi, Korean, and Spanish.

Services: Adult outpatient mental health clinic serving adults 18 and older, crisis intervention, case management, mental health supportive counseling, and medication management.

Chamberlain's Mental Health Services



Karagdagan pang impormasyon? Tumawag sa SIREN's Immigrant Assistance & Information Line para sa karagdagan programa at impormasyon. Bukas ang linya Lunes-Biyernes, 10am - 4pm, sa bilingual English at iba pang linguahe:
Spanish- (408) 286-1698 Vietnamese- (408) 286-1448 Farsi- (408) 286-5680 x108 Chinese- (408) 286-5680 x109

8352 Church Street, Suite A, Gilroy 95020

Tel: (408) 848-6511

Language(s): Spanish and Portuguese

Mga Serbisyo: Tulong sa transportasyon kung kailangan. Paggamot sa mga severely and emotionally disturbed children, outpatient and medication clinic and services, school-based support mental health services, family strengthening and community outreach services, and victim witness treatment. Programs include: Dads Embracing Fatherhood (DADS), Families and Schools Together (FAST), and Youth Exploring Solutions (YES), a program of early intervention for families of children identified as potential juvenile offenders.

Children's Shelter Mental Health Clinic

4525 Union Avenue, San Jose 95124

Tel: (408) 558-5460

Language(s): Spanish, Cambodian and Vietnamese

Services: Multi-disciplinary and culturally sensitive mental health assessment and treatment services to Children's Shelter and Emergency Satellite Foster Home child-residents, and their families. Treatment services, crisis intervention, brief treatment, individual, group and family therapy, psychotropic medication evaluation and treatment, consultation, referrals and follow-up.

Community Association for Rehabilitation (CAR)

525 East Charleston Rd., Palo Alto CA 94306-4247

Tel: (650) 494-0550

Website: www.C-A-R.org

Language(s): American Sign Language and Spanish

Services: Information and referral for the disabled, advocacy, education on developmental and other disabilities, Infant Program for developmentally delayed infants, occupational and

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speech therapy, parent counseling and family support groups, individual swimming lessons to pupils with physical, mental, learning and emotional disabilities, pool for pre-natal swim classes, in-home respite service for children and adults with developmental disabilities, After-School Recreation Program for young people with special needs, assistance with developmental disabilities, instruction for daily living, ongoing support to make employment relationship a success for employee and employer, work skills, and socialization and behavior management for developmentally disabled adults.

Community Solutions, Family & Children Mental Health

15850 Concord Circle, Suite B, Morgan Hill
95037
Tel: (408) 779-2113

Language(s): Spanish

Services: Family and Children's Mental Health Services Program provides counseling for children, adolescents and families; outpatient services for individual, family and group mental health; case management; and medication support services.

Community Solutions

Gilroy: 8475 Forest Street, Gilroy 95020
Tel: (408) 842-7138

Language(s): Spanish

Mga Serbisyo: La Casa del Puente is a bilingual/bicultural transitional residential program designed to meet emotional, social, educational and vocational needs of people facing significant mental health problems rendering them unable to live independently. The System of Care Program provides intensive outpatient individual, group and family mental health services, plus case management and medication support.

Crisis Line for the Handicapped

2444 Moorpark Ave., Ste. 304, San Jose 95154
Tel: (408) 296-2474

Language(s): Spanish

Services: Volunteer counseling and support for physically disabled and their families plus information and referral concerning handicapped organizations and facilities in California and Nevada.

Downtown Mental Health Center

1075 East Santa Clara Street, San Jose 95116
Tel: (408) 299-6175

Services: Mental health services, case management services, crisis intervention, medication. Work with clients suffering from serious mental illnesses who exhibit severe problems in normal daily functioning. Assist individuals within the context of a mutual partnership effort to achieve higher levels of functioning. Develop community and/or family support systems. Encourage individuals to work or to return to work whenever possible.

Early Start Program

California Department of Developmental Services

Tel: (800) 515-2229

Mga Serbisyo: Early intervention services to help infants and toddlers with special health and developmental needs learn and grow. Coordinates services to meet the developmental needs of the child within the context of the family. Provides assistive technology devices and services, audiology services, family training, counseling and home visits, medical services for diagnostic or evaluative purposes, nursing, nutrition counseling, occupational therapy, physical therapy, psychological services, respite, case management, social work services,



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special instruction, speech-language pathology, vision services, and transportation.

Eastfield Ming Quong

251 Llowellyn Ave., San Jose 95008

232 East Gish Rd., San Jose 95112

Reception: (408) 379-3790

Client Services: (408) 379-3796

Website: www.emq.org

Language Capacity: Chinese

Services: Early intervention and therapy to children, adolescents and families affected by emotional and behavioral problems. Residential and crisis intervention, short term intensive day treatment, intensive outpatient treatment, counseling for child sexual abuse. Foster family agency.

Eastern European Services Agency (EESA)

2400 Moorpark Ave. #201, San Jose 95128

Tel: (408) 297-7348

Language(s): Bosnian, Croatian, Serbian, Russian and Albanian.

Services: Outpatient mental health, senior case management, ESL classes.

East Valley Mental Health Center

1991 McKee Rd., San Jose 95116

Tel: (408) 926-2900

Language(s): Tagalog, Ilocano and Spanish

Services: Mental health services for emotionally troubled children, adolescents, and families from varying cultures and socio-economic groups. Outpatient counseling, in-home treatment, residential treatment, short term intensive day treatment, school-based day-treatment crisis intervention, wrap-around services and chemical dependency programs. Services are targeted to three specific ethnic groups: African American, Filipino, and Latino.

El Camino Hospital

2500 Grant Road, Mountain View 94040-7025

Tel: (650) 940-7000

Language(s): Translation services available

Services: Psychiatric services, community health education classes and support groups.

Elmwood Mental Health

701 South Abel Street, Milpitas 95035

Tel: (408) 957-5360

Services: Inpatient and outpatient mental health services in the Santa Clara County Department of Correction at Elmwood Jail.

Enborg Lane Pharmacy, Mental Health Department

2221 Enborg Lane, San Jose 95128

Tel: (408) 885-2300

Services: Provides patient education programs at Barbara Arons Pavilion and Crestwood Manor. Dispenses medications, counsels patients, and monitors medication as required by the County Mental Health Department. Produces a newsletter and provides continuing education programs for the Mental Health staff.



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Fair Oaks Mental Health Center

660 South Fair Oaks Avenue, Sunnyvale 94086
Tel: (408) 733-2760

Language(s): Spanish

Services: Outpatient services to children, adolescents and their families, as well as to seriously mentally ill adults and young adults; individual, group, collateral, family therapy and medication evaluation and support; referrals from school districts; mental health case management, crisis intervention, and medication support to assist consumers to achieve stability and a high level of functioning.

Family & Children's Services

950 W. Julian Street, San Jose 95126
Tel: (408) 292-9353

Language(s): Spanish, Vietnamese, Cambodian, and American Sign Language

Services: Affordable counseling, therapy and other support services including prevention and treatment of child abuse, Attention Deficit Disorder Clinic, HIV/AIDS counseling, and gay/lesbian/bisexual therapy.

Family & Children's Services

375 Cambridge Ave., Palo Alto 94306
Tel: (650) 326-6576

Language(s): Spanish, Vietnamese, Cambodian, and American Sign Language

Services: Affordable counseling, therapy and other support services including prevention and treatment of child abuse, Attention Deficit Disorder Clinic, HIV/AIDS counseling, and gay/lesbian/bisexual therapy.

Gardner Family Care

15850 Concord Circle, Suite B, Morgan Hill 95037
Tel: (408) 779-2113

Services: Family services for seriously mentally ill adults, older adults, and individuals with addictions. Assistance for domestic violence and sexual assault survivors and young teenage parents. Tutoring, homework assistance, crafts, recreation, community service projects and a youth leadership program.

Gardner Family Care Corp., Inc.

160 East Virginia St., Suite 280, San Jose 95112
Tel: (408) 977-1591

Language(s): Spanish and Vietnamese

Services: Prenatal substance abuse program, drug and alcohol prevention/treatment, domestic violence counseling, and WIC (Women, Infant, and Children) nutrition program. Medical/social assessments, case management, counseling, education, follow-up, and senior program.

Good Samaritan Charitable Trust, Health Connection

2025 Gateway Place, Suite 205, San Jose 95110
Tel: (408) 451-1848

Language(s): Mandarin, French, German, Japanese, Spanish and Vietnamese

Services: Nurse and social work case management for individuals with AIDS/ HIV, benefits counseling, emergency financial assistance, housing subsidies, mental health counseling. Respite program, companionship, emotional support, errands and/ or relief of caregivers.



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Grace Baptist Community

484 San Fernando Ave., San Jose 95112
Tel: (408) 267-0200 or (408) 723-2754
Fax: (408) 277-2474

Services: Recreation and leisure, socialization and education, opportunities for mental illness and developmental disabilities.

Indian Health Center of Santa Clara Valley, Inc.

1333 Meridian Avenue, San Jose 95125
Tel: (408) 445-3425

Services: Outpatient mental health and substance abuse treatment services including individual, group, family therapy, case management, psychiatric evaluations, psychosocial assessments and wellness education. A wide variety of individual and group activities are available for Native Americans and their families.

Juvenile Hall Mental Health Clinic

840 Guadalupe Parkway, San Jose 95110
Tel: (408) 299-3166

Services: On-site intensive outpatient clinic with multi-disciplinary, culturally sensitive mental health services to youth incarcerated in Juvenile Hall which includes assessment, crisis intervention, brief therapy, family intervention, and consultation.

Las Plumas Mental Health

1650 Las Plumas Ave, San Jose 95133
Tel: (408) 729-5382

Language(s): Spanish

Services: Referral and assessment site for school districts. Outpatient services include individual, group, collateral, and family therapy.

Mekong Community Center

1661 Burdette Drive, Suite C, San Jose 95112
Tel: (408) 282-0402

Language(s): Vietnamese and other Southeast Asian languages

Services: Enables psychiatrically disabled Southeast Asian refugees and immigrants to obtain skills to cope with the tasks of independent living.

Narvaez Mental Health

614 Tully Road, San Jose, 95111
Tel: (408) 299-4734

Language(s): Spanish and Vietnamese

Services: Individual and group support and counseling for teen parents.

North Valley Mental Health Center

231 Grant Avenue, Palo Alto 94306
Tel: (650) 321-5545

Language(s): Spanish

Services: Individual and group counseling, case management, and medication supervision.

Rebekah Children's Service

290 IOOF Ave., Gilroy 95020
Tel: (408) 846-2100
Website: www.rcs-ioof.org

Language(s): Spanish and French.

Services: Temporary residential treatment and foster care for abused or seriously disturbed children .



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South County Mental Health

1215 First St., Gilroy 95020

Tel: (408) 683-2344

Language(s): Spanish

Services: Medication, case management, social rehabilitation, and counseling for seriously mentally ill adults

West Valley Mental Health

375 Knowles Drive, Los Gatos 95030

Tel: (408) 379-7020

Services: Case management, psychotropic medication, rehabilitative services, and specialized services to dually diagnosed population, that is, individuals with concurrent mental illness and substance abuse disorders.

