



Windstone Behavioral Health

Behavioral Health Resources

If you have a psychiatric or medical emergency please call 911 or go to your nearest emergency room.

State Protection and Advocacy Agency

Each State has a protection and advocacy agency that receives funding from the Federal Center for Mental Health Services. Agencies are mandated to protect and advocate for the rights of people with mental illnesses and to investigate reports of abuse and neglect in facilities that care for or treat individuals with mental illnesses. These facilities, which may be public or private, include hospitals, nursing homes, community facilities, board and care homes, homeless shelters, jails, and prisons.

Agencies provide advocacy services or conduct investigations to address issues that arise during transportation or admission to such facilities, during residency in them, or within 90 days after discharge from them. Contact:

Protection and Advocacy, Inc. 100 Howe Avenue, Suite 185-N Sacramento, CA 95825
Phone: 916-488-9955 Toll-free: 800-776-5746 TDD: 800-719-5798 Fax: 916-488-9960
E-mail: infor@pai-ca.org Internet: www.pai-ca.org
Spanish language assistance available

National Suicide Prevention Lifeline

The National Suicide Prevention Lifeline provides a skilled, trained counselor at a crisis center in your area, **anytime 24/7** Toll-free: 800-273-TALK (8255)

Family Support

The Center for Mental Health Services awards grants to statewide, family-run networks to provide support and information to families of children and adolescents with serious emotional, behavioral, or mental disorders. For more information, contact:

Parents Helping Parents 3041 Olcott Street Santa Clara, CA 95054 Phone: 408-727-5775
Fax: 408-727-0182 E-mail: info@php.com Internet: www.php.com

Centers for Medicare and Medicaid Services (CMS)

The Centers for Medicare and Medicaid Services, which are part of the Department of Health and Human Services, investigate some complaints about treatment facilities that receive Medicare and Medicaid funding. For further information at the national level, contact:

Centers for Medicare and Medicaid Services 7500 Security Boulevard Baltimore, MD 21244-1850 Phone: 410-786-3000 Toll-free: 877-267-2323 TDD: 866-226-1819 E-mail: question@cms.gov Internet: www.CMS.gov

You may also share your concerns with staff at the Centers for Medicare and Medicaid Services office in your area, which is Region 9. The regional office address and telephone numbers are:

San Francisco Regional Office Centers for Medicare and Medicaid Services 75
Hawthorne Street, Suite 408 San Francisco, CA 94105-3903 Phone: 415-744-3501 Fax:
415-744-3517 Internet: www.CMS.gov/RegionalOffices/10_RO9.asp

Advocacy Organizations

Local chapters of Mental Health America (formerly the National Mental Health Association) have information about community services and engage in national and State level advocacy. For more information about the association, write or call:

Mental Health Association in California 1127 11th Street, Suite 925 Sacramento, CA
95814 Phone: 916-557-1167 Fax: 916-447-2350 E-mail: swelch@mhac.org Internet:
www.mhac.org

The National Alliance on Mental Illness maintains a helpline for information on mental illnesses and referrals to local groups.

The local self-help groups have support and advocacy components and offer education and information about community services for families and individuals. For information about the Alliance's affiliates and activities in your State, contact:

NAMI California 1010 Hurley Way, Suite 195 Sacramento, CA 95825 Phone: 916-567-
0163 Fax: 916-567-1757 E-mail: support@namicalifornia.org Internet:
www.namicalifornia.org

Statewide consumer organizations are run by and for consumers of mental health services and promote consumer empowerment. These organizations provide information about mental health and other support services at the State level and are active in addressing and advocating for mental health system issues. For information about consumer activities in your area, contact:

Sally Zinman, Executive Director California Network of Mental Health Clients 1722 J
Street, Suite 324 Sacramento, CA 95814 Phone: 916-443-3232 Toll-free: 800-626-7447
Fax: 916-443-4089 E-mail: main@californiaclients.org Internet:
www.californiaclients.org

The National Mental Health Consumers' Self-Help Clearinghouse, funded partly by the Center for Mental Health Services, promotes and helps to develop consumer-run self-help groups across the country. Technical assistance and materials are available on such topics as organizing groups, fundraising, leadership development, incorporating, public relations, advocacy, and networking.

For more information, contact:

The National Mental Health Consumers' Self-Help Clearinghouse 1211 Chestnut Street,
Suite 1207 Philadelphia, PA 19107 Phone: 215-751-1810 Toll-free: 800-553-4KEY (539)
Fax: 215-636-6312 E-mail: info@mhsselfhelp.org Internet: www.mhsselfhelp.org

The National Empowerment Center is a Technical Assistance Center run by mental health consumers/survivors. The Center's mission is to carry a message of recovery, empowerment, hope and healing to people who have been diagnosed with mental illness. The Center provides information and referrals to consumer/survivor resources nationwide and offers technical assistance to individuals and groups involved in consumer empowerment activities. The Center distributes recovery-related publications and sponsors education and training activities. For information on consumer/survivor activities in your area, contact:

The National Empowerment Center 599 Canal Street Lawrence, MA 01840 Phone: 978-685-1494 Toll-free: 800-769-3728 Fax: 978-681-6426 E-mail: info4@power2u.org
Internet: www.power2u.org

The Consumer Organization & Networking Technical Assistance Center (CONTAC) funded by the Center for Mental Health Services, is a resource center for consumers/survivors and consumer-run organizations across the United States. Services and products include informational materials; on-site training and skill-building curricula; electronic and other communication capabilities; networking and customized activities promoting self-help, recovery, leadership, business management, and empowerment. For more information contact:

Consumer Organization & Networking Technical Assistance Center (CONTAC)
P.O. Box 11000 Charleston, WV 25339 Phone: 304-345-7312 Toll-free: 888-825-TECH (8324) Fax: 304-345-7303 E-mail: usacontac@contac.org Internet: www.contac.org