



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 wondering how you were going to pay for this? Were you thinking that you might lose your job because of the schedule for dialysis? Did you think that 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 becomes worse. Often times when people feel symptoms of depression or other signs of a potential mental illness, there is no discussion of these feelings due to the stigma associated with mental health. You may experience feelings of shame or denial. Often time's patients cope with their disease through expression of anger towards others. In some cases, patients have turned to drugs and/or alcohol to cope with their anger and fear associated with ESRD. These feelings and responses are NORMAL! We encourage you to consider the following if you are experiencing difficulty in 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;
- 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 experience 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

Below you will find a list of local county mental health 24-hour crisis intervention numbers.

Imperial County

(760) 482-4504

(760) 339-4504 or (800) 817-5292

San Bernardino

(888) 743-1478

Inyo County

(760) 873-6533 or (800) 841-5011

San Diego

Adult Crisis Line: (800) 479-3339

Children's Emergency Screening Unit:
(619) 421-6900

Kern County

(800) 991-5272

PERT is available through local police by simply calling 911 and asking to have a PERT member respond to the crisis.

Kings County

(559) 582-4484 or (800) 655-2553

San Luis Obispo County

(800) 838-1381 or (805) 781-4700

Los Angeles County

(800) 854-7771

Santa Barbara

(888) 868-1649

Orange County

(714) 834-6900

Tulare County

(800) 320-1616

Riverside

(800) 706-7500

Ventura County

(877) 327-4747

IMPERIAL COUNTY

Website: <http://imperial.networkofcare.org/mh/home/index.cfm>

Consumer Information

Imperial County Behavioral Health Services
202 N. 8th Street
El Centro, CA 92243
760-482-4000

Intake Clinic
720 Wood Street
Eureka, CA 95501

CRISIS INTERVENTION NUMBER

760-339-4504
800-817-5292
& Access/Service Referral Number
760-482-4000

INYO COUNTY

Website: <http://inyo.networkofcare.org/mh/home/index.cfm>

Consumer Information

Inyo County Mental Health
162 J Grove Street
Bishop, CA 93514
760-873-6533

Intake Clinic
162 Grove Street, Suite J
Bishop, CA 93514

CRISIS INTERVENTION

& Access/Service Referral Number
760-873-6533
800-841-5011

KERN COUNTY

Website: <http://www.co.kern.ca.us/KCMH/>
<http://kern.networkofcare.org/mh/home/index.cfm>

Consumer Information

Kern County Mental Health Services
3300 Truxtun Avenue, Suite 290
Bakersfield, CA 93301
661-868-6600

Intake Clinic
2151 College Avenue
Bakersfield, CA 93307

COUNTY MENTAL HEALTH DEPARTMENTS

CRISIS INTERVENTION NUMBER

800-991-5272

Urgent Services

877-548-8181

Inpatient 24-hour Notification TAR Unit

661-868-6734

TTY Line

661-868-8142

Access/Service Referral Number

661-868-8111

Authorization Unit

877-548-8181

Intake Clinic

Mary K Shell Mental Health Clinic

2151 College Avenue Bakersfield, CA 93307

KINGS COUNTY

Website: <http://www.countyofkings.com/mhsa/index.htm>

Consumer Information

Kings County Behavioral Health
Administration
450 Kings County Drive, Suite 104
Hanford, CA 93230
559-582-3211 ext. 2382

Intake Clinic Kingsview Counseling
Bailey Drive
Hanford, CA 93230

CRISIS INTERVENTION

& Access/Service Referral

800-655-2553

559-582-4484 1393

LOS ANGELES COUNTY

Website: <http://www.lacdmh.org/>

<http://losangeles.networkofcare.org/mh/home/index.cfm>

Consumer Information

Los Angeles County Mental Health
550 South Vermont, 12th Floor
Los Angeles, CA 90020
Website: <http://dmh.lacounty.gov>
213-738-4601

Call to be directed to the nearest intake
clinic.

CRISIS INTERVENTION

& Access/Service Referral Number
800-854-7771

ORANGE COUNTY

Website: <http://www.ochealthinfo.com/behavioral/index.htm>
<http://orange.networkofcare.org/mh/home/index.cfm>

Consumer Information

Orange County Healthcare Agency
Behavioral Health Services
405 West 5th Street, Room 726
Santa Ana, CA 92701
714-834-6023

Intake Clinic: South Region
23228 Madero Road
Mission Viejo, CA 92691

Intake Clinic: North Region
2035 Eat Ball Road, Suite 200
Anaheim CA 92806

Intake Clinic: West Region
14140 Beach Blvd., Suite 223
Westminster, CA 92683

Intake Clinic: East Region
1200 North Main Street, Suite 200
Santa Ana, CA 92701

CRISIS INTERVENTION

& Access/Service Referral Number
714-834-6900

RIVERSIDE COUNTY

Website: <http://mentalhealth.co.riverside.ca.us/>
<http://riverside.networkofcare.org/mh/home/index.cfm>

Consumer Information

Riverside County Mental Health
P.O. Box 7549
Riverside, CA 92513-7549
4095 County Circle Drive
Riverside, CA 92503
951-358-4500

Intake Clinic
Emergency Treatment Services
9990 County Farm Road
Riverside, CA 92505

CRISIS INTERVENTION

& Access/Service Referral Number
800-706-7500

SAN BERNARDINO COUNTY

Website: <http://www.co.san-bernardino.ca.us/dbh/>
<http://sanbernardino.networkofcare.org/mh/home/index.cfm>

Consumer Information

San Bernardino County Behavioral Health
268 West Hospitality Lane, Suite 400
San Bernardino, CA 92415-0026
909-382-3133

Call to be directed to the nearest intake clinic.

CRISIS INTERVENTION

& Access/Service Referral Number
888-743-1478

SAN DIEGO COUNTY

Website: <http://sandiego.networkofcare.org/mh/home/index.cfm>
<http://www2.sdcounty.ca.gov/hhsa/programdetails.asp?ProgramID=3>

Consumer Information

San Diego Co. Behavioral Health Division
3255 Camino Del Rio South
San Diego, CA 92108
619-563-2700; Fax: 619-563-2795

Call to be directed to the nearest intake clinic.

CRISIS INTERVENTION

& Access/Service Referral Number
800-479-3339

SAN LUIS OBISPO

Website: <http://www.slocounty.ca.gov/health/mentalhealthservices.htm>
<http://sanluisobispo.networkofcare.org/mh/home/index.cfm>

Consumer Information

San Luis Obispo County Behavioral
Health Department
2178 Johnson Avenue
San Luis Obispo, CA 93401-4535
805-781-4719

Intake Clinic
2178 Johnson Avenue
San Luis Obispo, CA 93401-4535

CRISIS INTERVENTION

& Access/Service Referral Number

805-781-4700

800-838-1381

SANTA BARBARA COUNTY

Website: http://www.admhs.org/apps/admhs_main/Main/index.asp

<http://santabarbara.networkofcare.org/mh/home/index.cfm>

Consumer Information

Santa Barbara County
Alcohol, Drug & Mental Health Services
300 North San Antonio Rd., Bldg. 3
Santa Barbara, CA 93110
805-681-5220

Intake Clinic
Crisis and Recovery Emergency Services
(CARES)
2034 De La Vina
Santa Barbara, CA 93105

CRISIS INTERVENTION

& Access/Service Referral Number

888-868-1649

TULARE COUNTY

Website: http://www.tularehhsa.org/health_serv/index.cfm

<http://tulare.networkofcare.org/mh/home/index.cfm>

Consumer Information

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

Intake Clinic
Visalia Adult Clinic
3300 South Fairway

CRISIS INTERVENTION NUMBER

800-320-1616

& Access/Service Referral Number

800-834-7121

VENTURA COUNTY

Website: <http://www.vchca.org/bh/index.htm>

<http://ventura.networkofcare.org/mh/home/index.cfm>

Administrative Information

Ventura County Behavioral Health Dept.

1911 Williams Drive, Suite 200

Oxnard, CA 93036

805-981-6830; Fax: 805-981-6838

Intake Clinic

1911 Williams Drive, Suite 165

Oxnard, CA 93036

CRISIS INTERVENTION

& Access/Service Referral Number

866-998-2243

**California Mental Health Directors Association (CMHDA)
California Institute for Mental Health (CIMH)**

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

CMHDA - Phone: 916-556-3477

Patricia Ryan, Executive Director, ext 108
Andrea Porter, Sr. Executive Assistant, ext 105
Monica Scott, Small Counties Support, ext 107
Don Kingdon, Deputy Director, ext 120
Doretha William-Flourney, MS, Director, Center for Multicultural Development, ext 114

CIMH - Phone: 916-556-3480

Sandra Goodwin, PhD, Executive Director, ext 103
Hope Alvidrez, Executive Assistant, ext 131
Vacant, Deputy Director, ext 130
Vicki Smith, MSW, CPRP, Director, Adult Services, ext 123

California Department of Mental Health

1600 - 9th Street Sacramento, CA 95814
Fax: 916-654-3198

Cliff Allenby, Acting Director
Phone: 916-654-2309

Stan Bajorin, Chief Deputy Director
Phone: 916-654-2309

Vacant, Assistant Director
External Affairs and Communication
Phone: 916-654-2441

Vacant, Deputy Director
Administrative Services
Phone: 916-654-2378

Penny Knapp, MD, Medical Director
Phone: 916-654-2309

Cindy Radavsky, Deputy Director
Long Term Care Services
Phone: 916-654-2413

Glenna Wheeler, Chief
Office of Human Rights Rollin
Phone: 916-654-2327

Ives, Deputy Director
Program Compliance
Phone: 916-445-0458

Cynthia Rodriguez, Chief
Office of Legal Services
Phone: 916-654-2319

Giang Nguyen, Acting Deputy Director
Community Services Division
Phone: 916-654-3551

Carolyn Baker, Assistant Director
Office of Legislation
Phone: 916-654-2316

Vacant, Chief
Office of Multicultural Services
Phone: 916-654-2323