

Native American Behavioral Health Care Centers in California

City	Organization	Phone Number
Alpine	Southern Indian Health Council	619-445-1188
Arcata	United Indian Health Service	707-825-5000
Auburn	Chapa-De Indian Health Program	530-887-2800
Banning	Riverside/San Bernardino County Indian Health	951-849-4761
Bishop	Toiyabe Indian Health Project	760-873-8464
Burney	Pit River Health Service	530-335-3651
Cerritos	American Indian Counseling Center	562-402-0677
Chico	Northern Valley Indian Health	530-896-9400
Covelo	Round Valley Indian Health Center	707-983-6648
Fort Jones	ANAV Tribal Health Clinic	530-468-4470
Fresno	Fresno American Indian Health Project	559-320-0490
Grand Terrace	San Manuel Indian Health Clinic	909-864-1097
Happy Camp	Karuk Tribal Health and Human Services Clinic	530-493-5257
Hoopa	K'ima:w Medical Center	530-625-4261
Jackson	MACT Behavioral Health Clinic	209-257-2400
Lakeport	Lake County Tribal Health Clinic	707-263-8382
Los Angeles	United American Indian Involvement	213-202-3970
Mariposa	Miwu-Mati Healing Center	209-966-3245
Mariposa	MACT Behavioral Health Clinic	209-742-6144
McKinleyville	Two Feathers Native American Family Services	707-839-1726
Napa	Suscol Intertribal Council	707-256-3561
Oakland	Native American Health Center	510-535-4400
Orleans	Karuk Community Health Clinic	530-627-3452

Native American Behavioral Health Care Centers in California

City	Organization	Phone Number
Oroville	Feather River Tribal Health	530-534-5394
Placerville	Shingle Springs Health & Wellness Center	530-387-4975
Porterville	Tule River Indian Health Center	559-784-2316
Redding	Redding Rancheria Indian Health Clinic	530-224-2700
Redwood Valley	Consolidated Tribal Health Project	707-485-5115
Richmond	Native American Health Center - Native Wellness Center	510-232-7020
Sacramento	Sacramento Native American Health Center	916-341-0575
San Andreas	MACT Behavioral Health Clinic	209-755-1400
San Diego	San Diego American Indian Health Center	619-234-2158
San Francisco	Native American Health Center	415-417-3500
San Jose	Indian Health Center of Santa Clara Valley	408-445-3400
Santa Barbara	American Indian Health & Services	805-681-7356
Santa Rosa	Sonoma County Indian Health	707-521-4545
Santa Ynez	Santa Ynez Tribal Health Program	805-688-7070
Sonora	MACT Behavioral Health Clinic	209-588-4640
Susanville	Lassen Indian Health Center	530-257-2542
Tuolumne	Tuolumne Me-Wuk Indian Health Center	209-928-5400
Valley Center	Indian Health Council	760-749-1410
Willows	Northern Valley Indian Health	530-934-4641
Winterhaven	Fort Yuma Health Care Clinic	760-572-4100
Woodland	Northern Valley Indian Health	530-661-4400
Yreka	Karuk Tribal Health and Human Services Clinic	530-842-9200
Yuba City	Feather River Tribal Health	530-751-8454

Who is Each Mind Matters?

Each Mind Matters is California's Mental Health Movement. We are millions of individuals and thousands of organizations who share a vision of creating a community where everyone feels comfortable reaching out for the support they deserve.

Get Involved!

Visit eachmindmatters.org to find events near you, volunteer, find more resources, or get equipped with tools and lime green wear to help spread the word.



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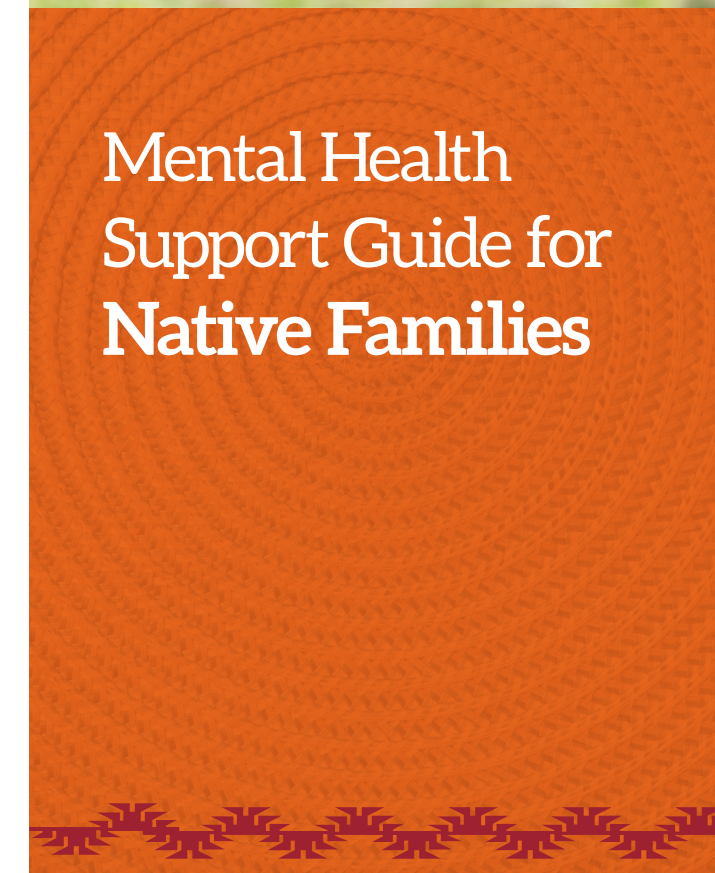
Circles of Care California Cohort:
Sacramento Native American Health Center
San Diego American Indian Health Center
Santa Barbara American Indian Health and Services



Funded by counties through the voter-approved Mental Health Services Act (Prop. 63).



Mental Health Support Guide for Native Families



How Our History Affects Our Present

Knowing our history and the experiences of our ancestors can help us more deeply understand where our community is today. Many families of all backgrounds have experienced some type of trauma, but for Native American families, there has often been both personal and historical trauma. People who have been through many difficult experiences (especially if these happen in childhood) are more likely to face health, mental health, and substance use challenges.

Mental Health in the Native Community

NATIVE AMERICANS ▶

- ▶ **experience serious psychological distress 1.5 times more often than the general population.**
- ▶ **experience PTSD more than twice as often.**
- ▶ **experience alcohol and drug addiction at younger ages, and at higher rates, than in all other ethnic groups.**

American Psychiatric Association

When we start to reflect upon how these experiences may have shaped our families, we are taking the first step in recognizing both the strengths we have as a community, and the ways of coping that may no longer be serving us. With this self-knowledge and historical knowledge, we can help our children draw from our community's strengths, and find new ways of healing and living that will allow them to have better mental health and well-being. Our history does not define our destiny.



Approaches to Healing

We are the product of a resilient, strong people and culture. This resilience and strength can help future generations to **heal, grow, and thrive.**

For example, many Native people have a strong sense of connectedness, reciprocity, balance, and completeness that frames their view of health. This holistic worldview can be the basis of healthy coping skills and improved mental well-being.

Our worldview and our sense of community can give us a strong foundation when we are facing mental health challenges. Although we as adults in our community may feel comfortable seeking support from a spiritual leader – for depression, anxiety, or alcohol and drug problems – young people may not have such strong ties to their ancestry, even though they still need welcoming community support to thrive.

When young people can call upon their community for support, and reach out for additional tools like counseling from a mental health provider, they have the best opportunity for healing. As parents, one of the best things we can do for our children is to help them feel welcome and supported wherever and whenever they reach out for help.



Different Forms of Support

Social support from parents, other caring adults, and peers is vital for Native youth to feel empowered to seek help for their mental health concerns. We know as parents that each of our children are unique, and a one-size-fits-all approach should never be forced onto someone seeking care. Healing happens when we provide unconditional support for the young person's journey.

For many young people, the most effective care is a mix of cultural tradition and medical intervention. **Seeking different types of support doesn't make a person any more or less part of their community.**

Every step towards better mental health should be celebrated, and everyone's path to wellness is unique. Parents and professionals should respect the young person's self-knowledge and chosen way to heal.

If a therapist or medication isn't working for someone, **parents and young people have the right to be discerning consumers and ask for alternatives** or seek care that is a better fit.

Asking for help is a sign of **strength, not weakness.**

Where to Find More Support

- Find a Native American Behavioral Health Care Center using the list on this brochure.
- Contact the Behavioral Health Department in your county: bit.ly/2PPYzUw
- Connect with support groups: bit.ly/1HNmHLL
- Get emergency housing, food, and other support: call 211, or visit 211.org.
- Text with a trained crisis counselor 24 hours a day, 7 days a week: text "Home" to 741741

Helping Young People in Crisis

A Native young person's community is the most important intervention point if they are going through a crisis. You can help the young people in your family and your community by:

- 1 Learning** how to recognize the signs that they may be thinking of suicide
- 2 Talking** with them about their feelings, and
- 3 Connecting** them to someone who can help.

Know the signs of suicide, find the words, and reach out. suicideispreventable.org

If you or someone you care about is in crisis, call the National Suicide Prevention Lifeline at **1-800-273-8255.**