



Mental Health Services  
Oversight & Accountability Commission

## MENTAL HEALTH RESOURCES

Find local and statewide resources on the MHSOAC website at:

[www.mhsoac.ca.gov/ContactUs/Resources.aspx](http://www.mhsoac.ca.gov/ContactUs/Resources.aspx)



WELLNESS • RECOVERY • RESILIENCE

## FIND OUT MORE ABOUT PROP 63

[www.prop63.org](http://www.prop63.org)

## STAY CONNECTED

To be added to our mailing list, please email:

[mhsoac@mhsoac.ca.gov](mailto:mhsoac@mhsoac.ca.gov)



WELLNESS • RECOVERY • RESILIENCE

## DO YOU NEED IMMEDIATE HELP?

If you or someone you know needs to speak with a professional counselor, call 1-800-273-TALK (8255)

Find emergency services in your area:

[www.mhsoac.ca.gov/ContactUs/Crisis\\_Link.aspx](http://www.mhsoac.ca.gov/ContactUs/Crisis_Link.aspx)



Mental Health Services  
Oversight & Accountability Commission

## HOW TO GET INVOLVED LOCALLY AND STATEWIDE



1300 17th Street, Suite 1000  
Sacramento, CA 95811

Ph: 916-445-8696

Fax: 916-445-4927

