

The **Family Advocacy** program was established to support family members and loved ones of those struggling with mental illness, providing for them access to education, assistance, and referrals to community resources.

TURNING ILLNESS INTO WELLNESS

Mental illness cuts across all social, economic, ethnic, age and gender lines. ***It touches us all.*** We all have family members, friends, or coworkers that might be affected. Knowing when and how to help can benefit the individual and the entire community.

We are here to help. Give us a call today!
559.600.6734

IMPORTANT NUMBERS

24/7 Behavioral Health Access Line
1 (800) 654-3937

**Central Valley Suicide
Prevention Lifeline**
1-800-273-8255

Urgent Care Wellness Center
4441 E. Kings Canyon Road, Fresno
Phone: (559) 600-9171

Children's Mental Health
(559) 600-8918
3133 N Millbrook, Fresno

NAMI Fresno
National Alliance on Mental Health
7545 N Delmar Ave Suite 105
Fresno (559) 224-2469

Reading and Beyond
(559) 342-8600
4670 E. Butler Fresno

Family Advocacy Services
559 600-6734
DBHFamilyAdvocacy@fresnocountyca.gov



FAMILY ADVOCACY SERVICES

A Service for Fresno County Families
and Support Individuals



You are not alone

Support Empowerment Advocacy



WHAT WE DO:

Connect individuals and families with services that meet their needs

Focus on the strengths of the individual, families, and support systems

Empower individuals, families and support systems to direct their own recovery and resiliency plan

Encourage whole family and support system participation in all levels of care

Value cultural beliefs in reference to the path of wellness

Respect the rights and needs of individuals, families and support systems, recognizing their upmost importance in the well-being of their loved ones

A Program of Fresno County Department of Behavioral Health



Department of Behavioral Health

Common questions that the Family Advocate Navigator can help answer:

- Where can I go for Mental health services?
- What if I don't have insurance?
- How can I get information about my loved ones treatment?
- Can I talk to mental health staff?
- What is an ROI (release of information)?
- Where can emergency personal take my loved one?
- What is a 5150 hold?
- What is a Conservatorship?
- How can I help my loved one who deals with substance use?

Did You Know?

At least 8.4 million people in the U.S. provide care to an adult with a mental or emotional health issue

#RIDEAWAYTHESTIGMA
RIDEFORMENTALHEALTH.ORG



YOU ARE NOT ALONE

1 in 5 U.S. adults experience mental illness each year

50% of all lifetime mental illness begins by age 14, and **75%** by age 24

Suicide is the **2nd** leading cause of death among people aged 10-34

At least **8.4 million** people in the U.S. provide care to an adult with a mental or emotional health issue

Mental health affects the entire family. You and your family may experience an overwhelming array of feelings when a loved one is struggling with mental health challenges.

Some common reactions are:

- Sadness, anger, anxiety, fear, self-blame and shame
- Frustration, poor self-care and difficulty concentrating
- Exhaustion or fatigue, sleep and appetite changes

A Family Advocate Navigator will listen to you, help you understand your rights, the rights of your loved one, and offer support and education to help you cope and be alongside you until your situation is resolved.

To reach a Family Advocate Navigator call 559.600.6734 or send us an email at DBHFamilyAdvocacy@fresnocountyca.gov