

County of Sacramento
Department of Health Services
Division of Behavioral Services

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Board of Supervisors

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Division of Behavioral Health Services
Hauv qhov kev koom tes nrog



Community Support Team
(916) 874-6015

Sijhawm Ua Hauj lwm
Monday – Friday: 8:00 a.m. - 5:00 p.m.

Sij hawm yog hloov raws li qhov xav tau ntawm
lub zej zos.

Lub Community Support Team (CST) yob ib lub
Mental Health Services Act Prevention and
Early Intervention Program. Txoj haujlwm no
yog ib feem ntawm kev pabcuam thiab pab
txhawb rau Sacramento County's Suicide
Prevention Project.



Community Support Team

Xovtooj: (916) 874-6015

Xovtooj xa Ntawv: (916) 854-8939

California Relay Service: 711

**Muaj tus neeg ua haujlwm paub ob hom lus/ob
yam kab lis kev cai thiab cov kws txhais lus los
pab dawb.**

**Qhov kev pab cuam no yog pab los ntawm lub
Division of Behavioral Health Services los ntawm
cov neeg xaiv tsa pom zoo tsab Proposition 63,
Mental Health Services Act (MHSA).**

Pab Neeg Communtiy Support Team Yog Leej Twg?

PabNeeg Zej ZogLub Community Support Team yog koom tes ua ib pawg los ntawm lub nroog thiab cov neeg hauv lub koom haum ntawm lub zos uas muaj ntau tus paub zoo txog kev khomob thiab teebmeem kabmob sib kis. Nws muaj xws li:

- ❖ Tub txawg pab txhawb rau tus phooj ywg uas yog cov tuam yeem siv lawv qhov kev muaj mob yav dhau los muab kev cia siab thiab pab txhawb thiab nrhiav kev pab rau tus kheej.
- ❖ Cov kws paub khomob uas tau pab txhawb thiab xa cov neeg mob mus rau lwm qhov chaw.
- ❖ Cov kws pab txhawb rau tsev neeg uas paub ntaus phooj ywg thiab txuas lus nrog tsev neeg cov tswvcuab, cov neeg uas ib txwm yog tsev neeg tus tswvcuab thiab cov los ntxiv.

Kev Pabcuam Rau Sacramento County lub zej zog yuav tau:

- ❖ Mob siab saib xyuas txog tej kev nyuaj siab uas yog teebmeem kubntxhov.
- ❖ Txheeb xyuas qhov tseeb thiab tsim kev koom rau lub zej zog.
- ❖ Siv cov kab lis kev cai thiab qhov tsis yog kab lis kev cai los pab txhawb rau lub zej zog kom ntau li ntau tau.
- ❖ Pab kom yus tus kheej tawv txaus thaum ntsib tej yam xwm txheej nyuaj siab ..
- ❖ Paub pab yus tus kheej thiab tej chaw pab cuam.
- ❖ Daws teebmeem nyuaj thiab kom dhau kev tiv thaiv
- ❖ Nhriav kev ua tej yam ab tsi kom muaj kev zoo siab rau lub neej thiab kev nyob zoo.

Cov kws ua haujlwm nyob huav Community Support Team pab tau tib neeg li cas?

- ❖ Saib xyuas kev pab cuam rau cov nyob ib leeg, cov tsev neeg, los sis lub zos.
- ❖ Npai kev yooj yim, pab cov cheeb tsam uas xav tau ntawm cov neeg.
- ❖ Pab ua raws li qhov ua tau ntawm yus tus kheej, tsev neeg thiab lub zos, pab txhawb kev paub ub no thiab qhov ib txwm muaj.
- ❖ Pab tsim kev sib koom tes thiab cov txeej txheem hau kev pabcuam ubno.
- ❖ Tiv thaiv los sis txo kev kub ntxhov los sis kev ntxhov siab, uas yog tsim tej yam los tiv thaiv thiab paub txog.
- ❖ Muab kev pab cuam ub no, “ua ntej” thiab muab kev cia siab rau tus kheej kom rov zoo los.
- ❖ Npaj kev pab thaum ntxov thiaj li pab txo tau los sis zam kom tsis muaj tej kev kub ntxhov..
- ❖ Muab kev koom nrog lwm qhov kom zoo pab txhawb rau yus tus kheej kom ntau ntxiv.
- ❖ Qhia yus tus neeg tseem ceeb, yus tsev neeg los sis cov kev pab uas ib txwm muaj los pab kev noj qab haus huv thiab kev nyob zoo.

Koom haum Lub Luag Haujlwm

Lub koom haum Community Support Team pab rau tus kheej rau txhua lub hnuv nyoog thiab ntau hom haiv neeg nyob hauv lub zos uas muaj xws li kev pab kawm ntawv, cov koom haus pab nrhiav rau cov kev pab cuam. Lub hom phiaj yog muab kev pab txog yus hum neeg thiab hom lus kom rov zoo los, , noj qab nyob zoo thiab txo qhov kev xav tua yus tus kheej.



Kev Pab Cuam Huv Zos

Sacramento County Info Line

(916) 498-1000 or 211

Consumer Operated Warm Line

(916) 366-4668

National Warm Line

(855) 642-6222

Lub Chaw Tiv Thaiv Kev Tua Tus Kheej

Suicide Prevention Crisis Line

(916) 368-3111

lossis

1-800-273-8255.

National Suicide Prevention Line

1-800-273-TALK (8255)

lossis

1-800-SUICIDE