



Peace of Mind is focused on promoting Mental Health:

- As a critical part of overall wellness.
- Including prevention services for those who need information and resources.
- Removing the stigma (negative attitudes) often associated with mental illnesses.
- Being okay with receiving services from someone to help you manage your thoughts, emotions, feelings and overall well-being.

Peace of Mind offers the following services:

- **Support** you on your mental health wellness journey including speaking up against any forms of racism to ensure that BIPOC have accessible resources for those needing mental health services.
- **Information** sharing about mental health with you. This includes helping you find and access mental health information or resources in Sacramento County.
- **Referral** and linkage to the mental health services you are seeking.
- **Education** access through social media and other avenues about mental health and share some tips on how to maintain mental wellness.
- **Peer Support Groups** for Deaf and Hard of Hearing students through local schools in Sacramento.
- **Mental Health Awareness** by removing the stigma often associated with mental health illnesses or receiving mental health services as there is nothing wrong with asking for help or getting mental health services.
- **Deaf Zen** community activity to help increase your knowledge of what type of tools you can use for taking care of yourself.
- **Trainings** and workshops to the community mental health providers, interpreters, advocates, and even NorCal staff.

*Peace of Mind is not a crisis center and does not provide therapy service. We can refer and link you to mental health professionals who provide therapy services including those who are Deaf or know ASL. * If you live in Sacramento County and need help accessing mental health information or resources, please contact Peace of Mind at: peaceofmind@norcalcenter.org, or by VP/Phone at **(916) 999-1559**.

If you are experiencing a mental health crisis, please contact the Suicide Prevention Hotline at 1-800-273-8255 or go to <https://suicidepreventionlifeline.org/help-yourself/for-deaf-hard-of-hearing/> for the online chat feature.

You can also contact the Crisis Text Hotline by texting the word DEAF to 741741 and be connected with a Crisis Counselor.

Both crisis hotlines are available 24 hours a day and 7 days a week.

Program funded by Sacramento County Behavioral Health Services.

<https://www.norcalcenter.org/peace-of-mind/>

NORCAL
SERVICES FOR DEAF & HARD OF HEARING
EMPOWER. EDUCATE. ADVOCATE.

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