



How to seek further mental health support:

At the Center for Loss & Hope, we offer ongoing support groups as well as support group series. One-on-one sessions are available for our client's families on a limited basis. We encourage you to find mental health services to further heal. Below are some links and suggestions on seeking professional mental health outside our agency.

One of the most important things to know about finding a clinician to help you with your mental health is that you are the consumer. If you meet with someone, and it doesn't feel right to you, or it isn't a good match, you may seek someone else. This is true with all medical help, and especially for our mental health care. We know that the relationship with the provider is of the utmost importance. Trust your gut and find someone that feels good to you. Therapy often feels hard, but the person leading and assisting you should feel supportive and safe. You are in charge of that choice.

First, seek information about your health coverage. Most large health insurances offer some mental health coverage. If your insurance covers you, this is the best way financially to receive mental health care.

If you do not have covered services here are some links to find help:

Websites:

- National Alliance on Mental Health <https://www.nami.org/findsupport>
- Psychology Today, Find a Therapist in California [Psychology Today](#)
- Salvation Army Mental Health Services [Northern California Salvation Army Mental Health Locator](#)
- Department of Health Care Services [MediCal Covered Mental Health](#)
- CommuniCare low-cost behavioral health service <https://communicarehc.org/behavioral-health/>