

Behavioral Health Care

Struggling or in crisis? Call 988.

You are not alone. Call or text the suicide prevention number.

What is Behavioral Health Care?

Behavioral health includes mental health and behavioral issues as well as issues with substance use. Taking care of your behavioral health is an important part of your overall health and wellness.

Some examples of behavioral health concerns are:

Anger.

Anxiety, phobias and obsessive-compulsive disorder (OCD).

Autism, attention-deficit/hyperactivity disorder (ADHD) and attention-deficit disorder (ADD).

Depression.

Difficulty coping with life changes, frustration and stress.

Drug or alcohol use.

Over exercise and eating disorders.

Grief and loss.

Stress.

Childhood traumas and other traumas.

Post-traumatic stress disorder (PTSD).

If you are dealing with any of these, you are not alone. Many people need support for these challenges at some point in their lives. Alliance staff can refer you to resources to help. Your primary care provider may also refer you to [Carelon Behavioral Health](#), the company that manages Alliance behavioral health services, or to services provided by your county.

If you or a family member is struggling or in crisis, call or text 988. For more information on this service, visit the website for [988 Suicide & Crisis Lifeline](#).

If you are having a health emergency, call 911 or go to the nearest emergency room.

What Behavioral Health Services are Available?

The Alliance can help children, teens and adults improve their quality of life by connecting them with a supportive behavioral health professional who can help through:

Individual or group therapy.

Visits with a psychiatrist.

Psychological testing.

Treatment related to autism (ages 3–20).

Emotional support during and after pregnancy through the child's first year of life.

Alliance Medi-Cal members can get a mental health care referral through our partner, [Carelton Behavioral Health](#), who will help you:

Understand your mental health benefits.

Find mental health providers in your area.

Make an appointment.

Additional services for more intensive mental health care and a range of substance use services are available through your county behavioral health department.

We know figuring out where you should go can be hard. If you're feeling unsure, call Member Services at 800-700-3874 (TTY: Dial 711). We will help you figure out what will be best for you and your family.

How to Get Behavioral Health Services

Mental Health

Call Carelon Behavioral Health **toll-free access line 24 hours a day, 7 days a week**

855-765-9700

Carelton can give you information about behavioral health providers near you who are accepting new patients and can help you schedule an appointment if you want. For more information, visit the [Carelton Behavioral Health website](#).

Substance Use Disorder

For substance use disorder services, contact your county's behavioral health department:

County	24-hour Phone Number	Address
Merced	888-334-0163	222 M Street Merced, CA 95340

[Monterey](#)

888-258-6029

1200 Aguajito Road
Monterey, California, 93940

[Santa Cruz](#)

800-952-2335

1400 Emeline Avenue, Bldg. K.
Santa Cruz, CA 95060

If you or a family member is struggling or in crisis, call or text 988. For more information on this service, visit the website for [988 Suicide & Crisis Lifeline](#).

If you are having a health emergency, call 911 or go to the nearest emergency room.

Additional Resources

988 Suicide & Crisis Lifeline

The Lifeline provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week.

Call 988.

www.988lifeline.org

National Alliance on Mental Illness (NAMI) Crisis Hotline

Education and information about mental illness to help individuals and families find local support and resources.

Crisis helpline: 800-950-6264

Local chapter websites:

[Merced](#)

[Monterey](#)

[Santa Cruz](#)

211

[211](#) is a free community resource to help people find support and critical need services. It is open 24 hours a day, seven days a week.

Phone: 211

Emotional Well-Being Support

[988 Suicide & Crisis Lifeline](#).

[Vibrant Emotional Health's Safe Space website](#) .

[California HOPE \(CalHOPE\)](#) : For communities impacted by a national disaster.

833-317-HOPE (4673)

[National Domestic Violence Hotline](#) : Get support 24 hours a day, seven days a week.

Phone: 799-SAFE (7233)

TTY: 800-787-3224

[California Youth Crisis Line](#) : For youths (ages 12-24) and families in crisis. Call or text 24 hours a day, seven days a week.

800-843-5200

[National Disaster Distress Helpline](#) : For those impacted by natural or human-caused disasters. 24 hours a day, seven days a week.

Phone: 800-985-5990

Text: TalkWithUs to 66746

[The National Eating Disorders Association](#) (NEDA): Individuals and families affected by eating disorders can access [tools and resources](#) on their website.

Additionally, NEDA offers [toolkits](#) for parents, educators and anyone wanting to learn more about how to support a loved one affected by an eating disorder.