

Mental Health: Help Your Treatment Succeed



Mental Health Matters

Many are affected by mental health conditions, such as depression or anxiety. Your health care provider will help you make a treatment plan. You can also take these wellness steps. They can help you gain a sense of control and might help your plans succeed.

- **Exercise your options.** Regular physical activity can have a positive effect by increasing levels of endorphins, which are feel-good brain chemicals. For your mental well being, seek out activities you enjoy, even if it's just dancing to your favorite music or playing fetch with a dog. Aim for 30 minutes of activity on most days.
- **Take medication regularly, as directed.** Some medicines can take time to work. Don't stop taking a medication without talking with your provider, even if you feel better. If you have concerns, talk to your provider so you can work together to adjust the amount or find a substitute.
- **Connect with others.** Our brains crave company. Meeting up with another friendly face in person, whether it's meeting someone for coffee or walking your dogs together, can help you feel better.
- **Fuel your brain.** A healthy diet can help the way you think and feel. Foods that can lift your mood include leafy greens, beans and fresh fruit. They also include foods rich in healthy fats, such as salmon and tuna, walnuts, almonds, cashews, peanuts, and avocados. Avoid or cut down on sugary snacks, alcohol, caffeine and fried foods.
- **Make sleep a priority.** Your brain needs sleep to recharge. Aim for seven to nine hours of sleep each night. To set the stage, turn off your devices an hour or so before bedtime and wait to have any important talks until the next day. Relax by reading by a soft light, taking a warm bath or listening to soothing music before bed.

Get Connected

To find a primary or mental health provider, contact us at [cchealth.org](https://www.cchealth.org) or call **1-877-661-6230 (TTY 711)**.

Mental Health Resources

We want your feedback.
Take our quick survey!



Ask For Help If You Need It

If you need help maintaining or improving your well-being, you can talk with your primary care provider. Doing so is especially important if you're feeling overwhelmed. If you are in crisis and need to talk with someone right away, you can call or text **988** (the national **Suicide & Crisis Lifeline**) to connect with a trained counselor.

Contra Costa Health Mental Health Services

Get care now for mental health and substance use. Anyone can call for themselves or someone they care about.

Contra Costa Health ACCESS Line (24-hours):
Call **1-888-678-7277**

Get behavioral health crisis support or a referral for behavioral health services.

Contra Costa County
A3 Crisis Response (24-hours):
Call **1-844-844-5544**

Contra Costa Crisis Center (24-hours):
Call **211** or **988**
Text 'HOPE' to **20121**

Free and confidential.

Health Education



Get access to health tips, self-management tools, and more information on mental health by visiting healthed.cchealth.org or scanning the QR code.

Helpful Mental Health Resources

National Alliance on Mental Illness (NAMI)

Website: nami.org

NAMI Contra Costa County

Website: namicontracosta.org

Mental Health Connections, Concord

Website: mentalhealthconnectionsca.org

Mental Health for All, California

Website: mentalhealth.ca.gov

National Suicide & Crisis Lifeline

Website: 988lifeline.org

