

Getting Help Can Make a Difference

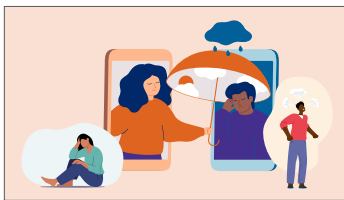
Behavioral and mental health care is for everyone.

Talking to someone is the first step to getting the help you need.

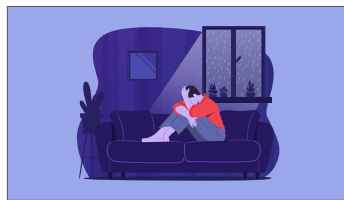
Mental Health Issues Are Common

You should not feel shame if you or someone you love is having a problem with a mental or behavioral health issue. It is very common to feel stressed, sadness, anger, or changes in how you feel.

Common Mental Health Issues



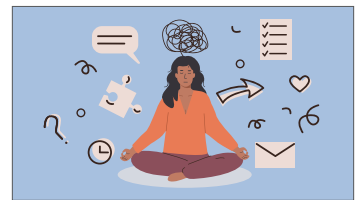
Depression



Seasonal Affective Disorder
(SAD)



Postpartum (after childbirth)
Depression



Anxiety
Disorders

Symptoms of Mental Health Issues

If you or someone you know is having trouble with emotions or feelings of stress or sadness, it may be time to reach out for help.

Common symptoms to watch for are:



Feeling scared, angry, sad, worried, or numb



Changes in your hunger, energy, and hobbies



Trouble with focus, making choices, or sleeping



Headaches, body pain, upset stomach, or skin issues



Long-term health problems are getting worse



Drinking or using drugs (like heroin, cocaine, or opioids)

Ask for help if you or someone you know has any of these symptoms for 2 weeks or longer.

Talking to Someone Can Improve How You Feel

How you feel can affect your work, school, daily routines, relationships, or hobbies that you used to enjoy. Talking to someone is the first step on the path to feeling better. If you or someone you know talks about suicide, harms themselves, has a mental health crisis, or has a problem with drugs or drinking, you can get help right away.

You can:

Call **988** to reach the Suicide and Crisis Lifeline

For Spanish, call **1(800) 628-9454**

Chat online at **988lifeline.org/chat**

For TTY users, dial **711** then **988**

Text “988” to **988**

How SFHP Can Help

There are many ways to get mental health support from SFHP.

Substance Use Treatment

For help to stop drinking or drug use, call the 24/7 San Francisco County Community Behavioral Health Services (CBHS) Access Help Line at **1(415) 255-3737, 1(888) 246-3333** (toll-free), or TTY **1(888) 484-7200**.

SFHP also works with Carelon Behavioral Health to provide many mental health services:

Mental Health Care

You don’t need a doctor referral to get mental health care like counseling.

Dyadic Care

Dyadic care is mental health care for more than one person in your family. You don’t need a doctor referral.

Behavioral Health Treatment (BHT)

SFHP members under age 21 can get BHT to help with autism and other behavior issues. You must get a doctor referral.

Contact Carelon Behavioral Health to get mental or behavioral health care.

Call **1(855) 371-8117, 1(888) 484-7200** (TTY), or visit **carelonbehavioralhealth.com**.

Learn more about your benefits by calling SFHP Customer Service at **1(415) 547-7800, 1(800) 288-5555** (toll-free), or **711** (TTY), Monday–Friday, 8:30am–5:30pm.