

Tuolumne County is committed to the ongoing development of behavioral health services to meet the immediate needs for all community members. The current plan for supportive services reflects the emphasis on providing crisis response and care “the sooner, the better” at any time, any day.

Walk-In Support Services

Available: Monday – Friday
8 am to 9 pm
Saturday and Sunday
10 am – 8 pm

Crisis Phone Services 24/7

For crisis support, evaluation and referral to resources for behavioral health related services: (209) 533-7000 or

Toll Free: (800) 630-1130

Normal Business hours:

Mon. through Fri. 8 am – 5 pm
Intakes & Assessments (call or walk-in)
(209) 533-6245

For more information also visit:

www.tuolumne.networkofcare.org/mh/

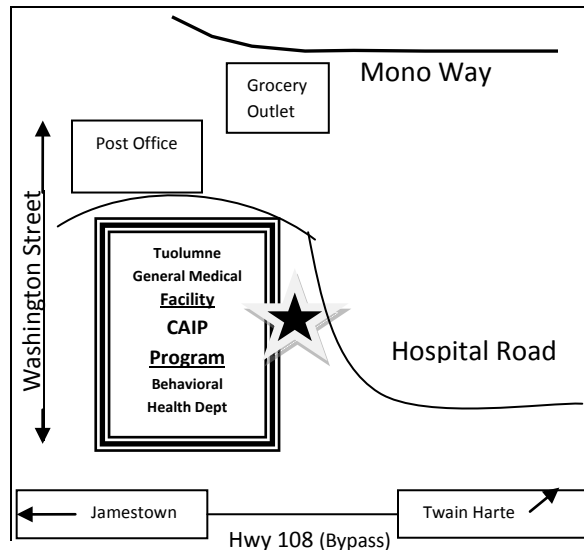


Crisis Services

(209) 533-7000
(800) 630-1130

There for you - 24 hours a day, 7 days a week, 365 days a year

**Physical - 105 Hospital Road
Sonora, California**



**TUOLUMNE COUNTY
BEHAVIORAL HEALTH
DEPARTMENT**

**105 HOSPITAL RD.
SONORA, CA 95370**

CRISIS SERVICES

**Crisis Assessment and
Intervention Program
(CAIP)**

(209) 533-7000



*Promoting early crisis response and support services;
always available 24 hours,
7 days a week.*

Crisis Assessment and Intervention Program (CAIP)

The **C**risis **A**ssessment and **I**ntervention **P**rogram (CAIP) offers a compassionate response and support services 7 days a week/24-hours a day.

Warning signs of suicide may include any of the following:

- **Observable signs of serious depression:**
Unrelenting low mood
Pessimism
Hopelessness
Desperation
Anxiety, psychic pain and inner tension
Withdrawal
Sleep problems
- **Increased alcohol and/or other drug use**
- **Recent impulsiveness and taking unnecessary risks**
- **Threatening suicide or expressing a strong wish to die**
- **Making a plan:**
Giving away prized possessions
Sudden or impulsive purchase of a firearm
Obtaining other means of killing oneself such as poisons or medications
- **Unexpected rage or anger**

A suicidal person may not ask for help, but that doesn't mean that help isn't wanted. Most people who commit suicide don't want to die—they just want to stop hurting. Suicide prevention starts with recognizing the warning signs and taking them seriously. If you think a friend or family member is considering suicide, you might be afraid to bring up the subject. But talking openly about suicidal thoughts and feelings can save a life.



Take any suicidal talk or behavior seriously. It's not just a warning sign that the person is thinking about suicide — **it's a cry for help.**

In an emergency call 911.

For crisis support, suicide prevention and access to services:

(209) 533-7000

Toll Free: (800) 630-1130

*Deaf and Hard of Hearing TTY and ASCII users – please use the FDS:
(800)-735-2929*

Crisis Prevention and Intervention

Many crisis situations that result in hospitalization and placement out of County could have been prevented by talking or meeting with trained counselors or therapists prior to an emergency situation.

People are encouraged to call **533-7000** or come in to the CAIP when they feel they are struggling emotionally. Brief solution focused services will be provided to help avoid crisis or resolve the current issue at any time. Assessment will also be provided for eligibility for ongoing behavioral health services. Medications will not be prescribed or offered during this service.

In partnership with Sonora Regional Medical Center, law enforcement, and other social service agencies, necessary inpatient psychiatric services will continue to be provided. If a person is determined to be a danger to themselves, or someone else, or unable to meet their basic needs due to a mental disorder, admission to a psychiatric hospital will be arranged.