

Afai ua tupu se fa'alavelave fa'afuase'i, e tatau ona e:

- Vala'au le **911!** Fa'ailoa iai o se fa'alavelavelave fa'afuase'i fa'ale-maufaufau. Fesili fa'apitoa mo se tasi o le CIT ua iai le tomai fa'apitoa ma le agava'a masani mo le fautuaina o i latou ua iai fa'alētonu fa'ale-maufaufau.
- Vala'au i le Crisis Intervention & Suicide Prevention i le **650.579.0350** po'o **1.800.SUICIDE**.
- Vala'au i le Psychiatric Emergency Services i le **650.573.2662**.

'Ala fesoasoani i totonu o le itūmalō o San Mateo:

San Mateo County Behavioral Health and Recovery Services
ACCESS Team: **800.686.0101**

San Mateo County Office of Consumer and Family Affairs
Telefoni: **800.388.5189**
Gagana Sipaniolo: **650.573.2189**
www.smhealth.org/BHRS/OCFA

Mo fesoasoani lagolago, fa'afeso'ota'i le:

- 24-Hour Parent Support Hotline: **888.220.7575!**
- 24-Hour Youth Crisis Hotline: (10 – 17 tausaga) **650.367.9687** po'o le www.onyourmind.net.
- 24-Hour Drug and Alcohol Hotline: **650.573.3950!**

Mo fesoasonai fa'amatalaga ma nisi lagolago, asiasi ane i le:

- www.smhealth.org/BHRS
- www.sanmateo.networkofcare.org/mh
- www.NAMIsmc.org
- www.UACF4hope.org
- www.SAMHSA.gov

Mana'omia se komipiuta e sa'ili ai nisi fa'amatalaga au'ilili, asiasi i se faletusi o lata ane i lou nofoaga.

Afai e mana'omia se lomiga o lenei fe'au taua i le gagana Igilisi ma nisi o gagana, asiasi i le www.smhealth.org/BHRS/OCFA.



Behavioral Health and Recovery Services
Office of Consumer and Family Affairs
1950 Alameda de las Pulgas, Suite 155
San Mateo, CA 94403
Phone: 800.388.5189
Español: 650.573.2189
FAX: 650.573.2934
www.smhealth.org/BHRS/OCFA

09/10 .5M SAM

O e masalomia ua a'afia sou alo I lagona noatia, fa'alētonu fa'alemaufaufau, po'o fa'afitauli ona o le fa'aaoga seseina o fuāla'au fa'asāina ma ava o'ona...

O a ni mea e ao ona e faia?

O se ta'iala mo lou silafia po'o fea e maua ai avanoa fesoasoani i totonu o le itūmalō o San Mateo

SAN MATEO COUNTY
BEHAVIORAL HEALTH AND
RECOVERY SERVICES
www.smhealth.org/BHRS

O le a le mea e fai:

Afai o e masalomia ua a'afia sou alo i lagona noatia, fa'alētonu fa'alemafaufau, po'o fa'afitauli ona o le fa'aaoga seseina o fuāla'au fa'asāina ma ava o'ona...

O tulaga e tatau ona e faia:

- Vala'au i le foma'i fa'apitoa mo fanau (pediatrician) po'o le foma'i masani (primary care provider) a lou alo.
- Vala'au i lau inisiua fa'alefalema'i mo ala fesoasoani ua fa'atulagaina.
- Vala'au i le ofisa o le **NAMI** (National Alliance for Mental Illness) i San Mateo i le numera o le **650.638.0800**. E iai se tasi o leā toe fa'afo'iina atu lau vala'au mo nisi fa'amatalaga au'ili'ili, fesoasoani lagolago, ma nisi so'otaga fesoasoani e sa'ili ai tali ma fōfō o fa'afitauli.
- Vala'au i le San Mateo County Behavioral Health and Recovery Services ACCESS Team i le numera o le **1-800-686-0101**. O lea o latou fa'asinoina atu nisi avanoa fesoasoani i totonu o le itūmalō.

E leai se inisiua?

Afai e leai sau inisiua, po'o lou alo, vala'au i le Health Coverage Hotline i le **650.616.2002** mo nisi fa'amatalaga.

Afai O Fa'aalia E Lou Alo Ni Uiga/Amioga Lē Saogalemū:

- 'Ave sa'o lou alo i le Psychiatric Emergency Room i le falema'i o le San Mateo County Medical Center. **Tuātusi:** 222 W. 39th Avenue, San Mateo. **Numera:** 650.573.2662.
- Afai ua faigata ona tasi le filemu, vala'au le **911** ma fa'atalosagaina se tasi o le **CIT**. O le **CIT** o se tasi ua iai le tomai fa'apitoa ma le agava'a masani mo le fautuaina o i latou ua iai fa'alētonu fa'alemafaufau.

O ni fa'amatalaga e tatau ona e silafia ma saunia mo le falema'i po'o le ulua'i talavai:

Tala'aga o le soifua malōlōina:

- Fa'ama'i e maua pe sa maua ai lou alo
- Fa'alētonu tau i le tino ma le mafaufau (disabilities)
- Fa'ama'i 'oso e mafua mai i mea taumafa, suiga o le tau, manu & mea'ola, vao & la'au ese'ese, ma isi mea (allergies)
- Vai/fuala'au a le falema'i (prescriptions)
- Tala'aga fa'alefalema'i (i.e. taofia i le falema'i)
- Suafa ma telefoni a nisi o foma'i a lou alo

Pepa o lau inisiua fa'alefalema'i:

- Inisiua totino
- Medi-Cal/Health Plan of San Mateo
- Healthy Kids/Families

O mea e ao ona fa'atalanoaina pe fa'afesiligiaina i le taimi o le ulua'i talanoaga:

- lo'u alo e _____ ona tausaga. O lo'u popolega ona o le _____.
- Sa ou mua'i va'aia ni suiga i uiga po'o amioga a lo'u alo _____.
- O nei tulaga ua avea ma mea ua liua/suia ai lo matou va ona o _____.
- Pe fa'apefea ona ou fa'amaonia ua a'afia lo'u alo i lagona noatia/falema'i fa'alemafaufau, po'o fa'afitauli ona o le fa'aaoga seseina o fuala'au fa'asaina ma ava o'ona.
- Pe fa'apefea ona o'u mauaina ni fesoasoani lagolago ma nisi avanoa fesoasoani mo lo'u alo fa'apea a'u?

A fa'apea e te sa'ili i fesoasoani e fa'atatau i amioga/uiga faigatā, o leā fautuaina 'oe e se tasi o le 'aufaigalega mo se avanoa e talanoa ai i lou alo e aunoa ma lou 'au ai. Aua e te popole pe atu'atuvale auā o tulaga nei e tatau ona uia.

O i latou ua 18 ma aga'i atu i luga tausaga o le soifua ua fa'aaloga i lalo o le tulafona o se tagata matua. O lona uiga e tatau ona iai se fa'atanaga fa'apitoa mai i lou alo e fa'asoa atu ai ni fa'amatalaga ma 'oe.