Who is Each Mind Matters?

Each Mind Matters is California’s Mental Health Movement. We are millions of individuals and thousands of organizations who share a vision of creating a community where everyone feels comfortable reaching out for the support they deserve.

Get Involved!

Visit eachmindmatters.org to find events near you, volunteer, find more resources, or get equipped with tools and lime green wear to help spread the word.

Mental Health Support Guide for Native Families

City | Organization | Phone Number
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Alpine | Southern Indian Health Council | 619-445-1188
Arcata | Unified Indian Health Service | 707-825-5000
Auburn | Chiapa-De Indian Health Program | 530-887-2800
Banning | Riverside/San Bernardino County Indian Health | 951-849-4761
Bishop | Tuleyari Indian Health Project | 760-873-8464
Burney | Pit River Health Service | 530-335-3651
Cerritos | American Indian Counseling Center | 562-402-8677
Chico | Northern Valley Indian Health | 530-896-9400
Covelo | Round Valley Indian Health Center | 707-983-8648
Fort Jones | ANAV Tribal Health Clinic | 530-468-4470
Fresno | Fresno American Indian Health Project | 559-320-0490
Grand Terrace | San Manuel Indian Health Clinic | 909-864-1097
Happy Camp | Karuk Tribal Health and Human Services Clinic | 530-493-5257
Hoopa | K’ima-w Medical Center | 530-625-4261
Jackson | MACT Behavioral Health Clinic | 209-257-2400
Lakeport | Lake County Tribal Health Clinic | 707-283-8382
Los Angeles | United American Indian Involvement | 213-202-3970
Mariposa | Miwok-Malli Healing Center | 209-966-3245
Mariposa | MACT Behavioral Health Clinic | 209-742-6144
McKinleyville | Two Feathers Native American Family Services | 707-839-1726
Napa | Suscol Intertribal Council | 707-258-3581
Oakland | Native American Health Center | 510-535-4400
Orleans | Karuk Community Health Clinic | 530-827-3452

City | Organization | Phone Number
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 Oroville | Feather River Tribal Health Center | 530-534-5394
 Placerville | Shingle Springs Health & Wellness Center | 530-387-4975
 Porterville | Tule River Indian Health Center | 559-784-2316
 Redding | Redding Rancheria Indian Health Clinic | 530-224-2700
 Redwood Valley | Consolidated Tribal Health Project | 707-485-5115
 Richmond | Native American Health Center - Native Wellness Center | 510-232-7020
 Sacramento | Sacramento Native American Health Center | 916-341-0575
 San Andreas | MACT Behavioral Health Clinic | 209-755-1400
 San Diego | San Diego American Indian Health Center | 619-234-2158
 San Francisco | Native American Health Center | 415-417-3580
 San Jose | Indian Health Center of Santa Clara Valley | 408-445-3400
 Santa Barbara | American Indian Health & Services | 805-681-7356
 Santa Rosa | Sonoma County Indian Health | 707-521-4545
 Santa Ynez | Santa Ynez Tribal Health Program | 805-888-7070
 Sonora | MACT Behavioral Health Clinic | 209-588-4640
 Susanville | Lassen Indian Health Center | 530-257-2542
 Tuolumne | Tuolumne Me-Wuk Indian Health Center | 209-928-5400
 Valley Center | Indian Health Council | 760-749-1410
 Willows | Northern Valley Indian Health | 530-934-4641
 Winterhaven | Fort Yuma Health Care Clinic | 760-572-4100
 Woodland | Northern Valley Indian Health | 530-661-4400
 Yreka | Karuk Tribal Health and Human Services Clinic | 530-942-9200
 Yuba City | Feather River Tribal Health | 530-751-8454

Circles of Care California Cohort:
Sacramento Native American Health Center
San Diego American Indian Health Center
Santa Barbara American Indian Health and Services

Like/follow us!
Knowing our history and the experiences of our ancestors can help us more deeply understand where our community is today. Many families of all backgrounds have experienced some type of trauma, but for Native American families, there has often been both personal and historical trauma. People who have been through many difficult experiences (especially if these happen in childhood) are more likely to face health, mental health, and substance use challenges.

**Mental Health in the Native Community**

NATIVE AMERICANS

- experience serious psychological distress 1.5 times more often than the general population.
- experience PTSD more than twice as often.
- experience alcohol and drug addiction at younger ages, and at higher rates, than in all other ethnic groups.

When we start to reflect upon how these experiences may have shaped our families, we are taking the first step in recognizing both the strengths we have as a community, and the ways of coping that may no longer be serving us. With this self-knowledge and historical knowledge, we can help our children draw from our community’s strengths, and find new ways of healing and living that will allow them to have better mental health and well-being. Our history does not define our destiny.

**Approaches to Healing**

We are the product of a resilient, strong people and culture. This resilience and strength can help future generations to heal, grow, and thrive.

For example, many Native people have a strong sense of connectedness, reciprocity, balance, and completeness that frames their view of health. This holistic worldview can be the basis of healthy coping skills and improved mental well-being.

Our worldview and our sense of community can give us a strong foundation when we are facing mental health challenges. Although we as adults in our community may feel uncomfortable seeking support from a spiritual leader – for depression, anxiety, or alcohol and drug problems – young people may not have such strong ties to their ancestry, even though they still need welcoming community support to thrive.

When young people can call upon their community for support, and reach out for additional tools like counseling from a mental health provider, they have the best opportunity for healing. As parents, one of the best things we can do for our children is to help them feel welcome and supported wherever and whenever they reach out for help.

**Different Forms of Support**

Social support from parents, other caring adults, and peers is vital for Native youth to feel empowered to seek help for their mental health concerns. We know as parents that each of our children are unique, and a one-size-fits-all approach should never be forced onto someone seeking care. Healing happens when we provide unconditional support for the young person’s journey.

For many young people, the most effective care is a mix of cultural tradition and medical intervention. Seeking different types of support doesn’t make a person any more or less part of their community.

Every step towards better mental health should be celebrated, and everyone’s path to wellness is unique. Parents and professionals should respect the young person’s self-knowledge and chosen way to heal.

If a therapist or medication isn’t working for someone, parents and young people have the right to be discerning consumers and ask for alternatives or seek care that is a better fit. Asking for help is a sign of strength, not weakness.

**Where to Find More Support**

- Find a Native American Behavioral Health Care Center using the list on this brochure.
- Contact the Behavioral Health Department in your county: bit.ly/2PPYzUw
- Connect with support groups: bit.ly/1HNmHLL
- Get emergency housing, food, and other support: call 211, or visit 211.org.
- Text with a trained crisis counselor 24 hours a day, 7 days a week: text “Home” to 741741

**Helping Young People in Crisis**

A Native young person’s community is the most important intervention point if they are going through a crisis. You can help the young people in your family and your community by:

1. Learning how to recognize the signs that they may be thinking of suicide
2. Talking with them about their feelings, and
3. Connecting them to someone who can help.

Know the signs of suicide, find the words, and reach out. suicidespreventable.org

If you or someone you care about is in crisis, call the National Suicide Prevention Lifeline at 1-800-273-8255.