

*Madera County*

*Behavioral Health Services*

***Balance your life***



Working together to provide skills, coping tools, and support

## **24-HOUR PHONE LINES**

**Emergency Psychiatric Services**  
**(559) 673-3508**

**Toll Free (888) 275-9779**  
Fax (559) 661-2818

Please ask receptionist about your **right to free language assistance** services as well as alternative formats of this brochure. If you have **physical limitations**, we will help you find available, appropriate and accessible services.

## **WHAT STEPS SHOULD I TAKE FIRST?**

1. Call (559) 673-3508 to schedule an appointment for eligibility and assessment.
2. Prepare yourself for your appointment with a list of issues, concerns, or questions that you believe would be important to discuss with a practitioner concerning your mental health.
3. Bring your insurance coverage/Medi-Cal card with you. You will be seen regardless of your ability to pay.
4. Show up to your scheduled appointment. We want to help you find an appropriate course of action and treatment.

## **WHAT ELSE SHOULD I KNOW?**

The choice is yours. You can attend one class or all, depending on your interests, need, and schedule. **It is not a treatment program.** It's fun, ongoing, supportive classes that will offer

tools, coping skills providing hope and sense of acceptance.

### **Health and Wellness/Mind and Body**

Enjoy life more. Emotions, thoughts, and behaviors can affect your health. Learn to recognize the source of stress in your life, manage stress related symptoms, develop healthy lifestyle habits and take better care of yourself. Meditation can be helpful for dealing with stress, depression, difficulty sleeping and other issues. This class will also look into mindfulness meditation, and body awareness exercises.

### **Letting Go of Bad Habits'**

Bad habits such as drinking too much, doing drugs, overeating, overspending, and even the internet can hold us back from following our dreams. Your mind will stay calm and peaceful as you let go and find positive activities that bring you joy. You will discover ways to help reduce impulsive behaviors and become more mindful about decision making.

### **Learning about Mental Illness**

A mental illness is a condition that affects a person's thinking, feelings or mood. Each person will have different experiences, even people with the same diagnosis. This class will provide you with psycho-education to help you understand some mental illnesses, as well as coping skills to manage/reduce symptoms.

### **Self-Control of Negative Emotions/Thoughts**

This class will help you explore the relationship among thought, mood, and body. Learn different skills and techniques to help control or change your negative thinking. Develop new skills, and coping methods along with mindfulness practices to help improve unhealthy thoughts and behaviors.

### **Developing Healthy Relationships**

How do you develop healthy relationships, or if you are currently in a bad one, how do you learn to let go? These are a few questions that we hope to address by providing you with some basic

but essential relationship skills. These skills are meant to apply to all kinds of relationships including significant other, parents, siblings, roommates, peers, friends, and co-workers to name a few. Learn ways to communicate more effectively, reduce defensiveness, and understand each other's perspective.

### **Anger and Communication**

Everyone gets angry once in a while, but sometimes it can be a problem. Do you feel like you can't control your anger? This class will help you express yourself directly, without threat or apology. You'll learn ways to resolve conflict, and practice new healthy ways to respond.

**NOTE: This class does not satisfy the court-ordered treatment required for Anger management.**

### **Skills for life**

#### **changes/Problem Solving**

Any major life change, living on your own, and taking on new responsibilities can be a huge adjustment. Additional stressors such as, work, finances and personal relationships can lead to

feelings of frustration, anxiety, loneliness, or depression. This class will help you approach your problems and find solutions instead of avoiding what you fear. You will also learn techniques to relax, reduce your response to triggers, and approach your anxiety with mindfulness.

### **Dealing with Grief and Loss**

Grief and Loss class will provide a safe environment for you to look at your losses, even subtle losses can lead to grief. For example, you might experience grief after moving away from home, loss of a pet, losing a job, divorce, etc. We will provide a safe environment where you will be given specific tools to help you recover from loss and ultimately lead a happier life.

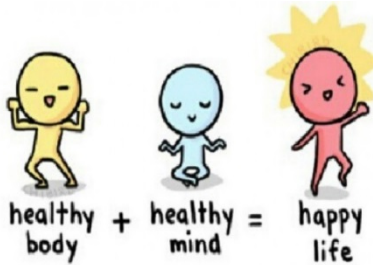
### **Parenting Classes**

Classes are offered to help parents learn positive interaction with children, learn effective ways to strengthen family relationships and improve behaviors in children/teens.

## *Class Schedule*

**Mondays and Wednesdays  
10:00-11:30AM**

**Tuesdays and Thursdays 1:00-  
2:30PM**



**MADERA COUNTY  
BEHAVIORAL HEALTH  
SERVICES  
P. O. Box 1288 / Madera, CA  
93639-1288**

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**[www.madera-county.com](http://www.madera-county.com)**

**Madera  
209 E. 7<sup>th</sup> Street, Madera, CA  
93638  
(559) 673-3508**

**Oakhurst  
49774 Road 426, #D, Oakhurst,  
CA 93644  
(559) 683-4809**

**Chowchilla  
215 S. 4<sup>th</sup> Street, Chowchilla  
93644  
(559) 665-2974**

**CA. Relay Operator (English &  
Spanish) Dial 711**

**English Speech to Speech  
(866) 288-1909**

**Spanish Speech to Speech  
(866)-288-4151**

**TTY (800) 735-2929**