



If you, or someone you know, needs help navigating the publicly funded mental health service systems, the

## **DMH OMBUDSMAN SERVICES CAN HELP!**

The California Department of Mental Health operates an important service for Californian's seeking information regarding the availability of publicly funded mental health services. The Ombudsman Services staff are available by phone Monday through Friday from the hours of 8:00 a.m. to 5:00 p.m., with 24/7 phone messages accepted.

We can find the information you need to get care, answer questions and find the right person to talk to in order to resolve many concerns and problems that can arise while attempting to access mental health services. Our office is one of several options for people receiving Medi-Cal who are looking for information about, or help with their Mental Health Plan services. There are problem resolution and patients' rights advocacy services in each county to assist individuals as well. If you have yet to find the person in your county who can help, give us a call. We will put you in touch with the local resources that you need.

**CALL 800 896-4042**

**TTY 800-896-2512**

**[Ombudsmn@dmhhq.state.ca.us](mailto:Ombudsmn@dmhhq.state.ca.us)**

**TRANSLATION AVAILABLE**

All Calls – Emails are Confidential