

Hemophilia Council of California  
Advocacy & Policy Webinar

## LET'S TALK - Mental Health (Resources in California)



*Moderated by:  
Lynne Kinst,  
HCC Executive Director*

HCC's 2020  
Advocacy &  
Policy  
Webinar  
Series



SANOBI GENZYME 

# Welcome

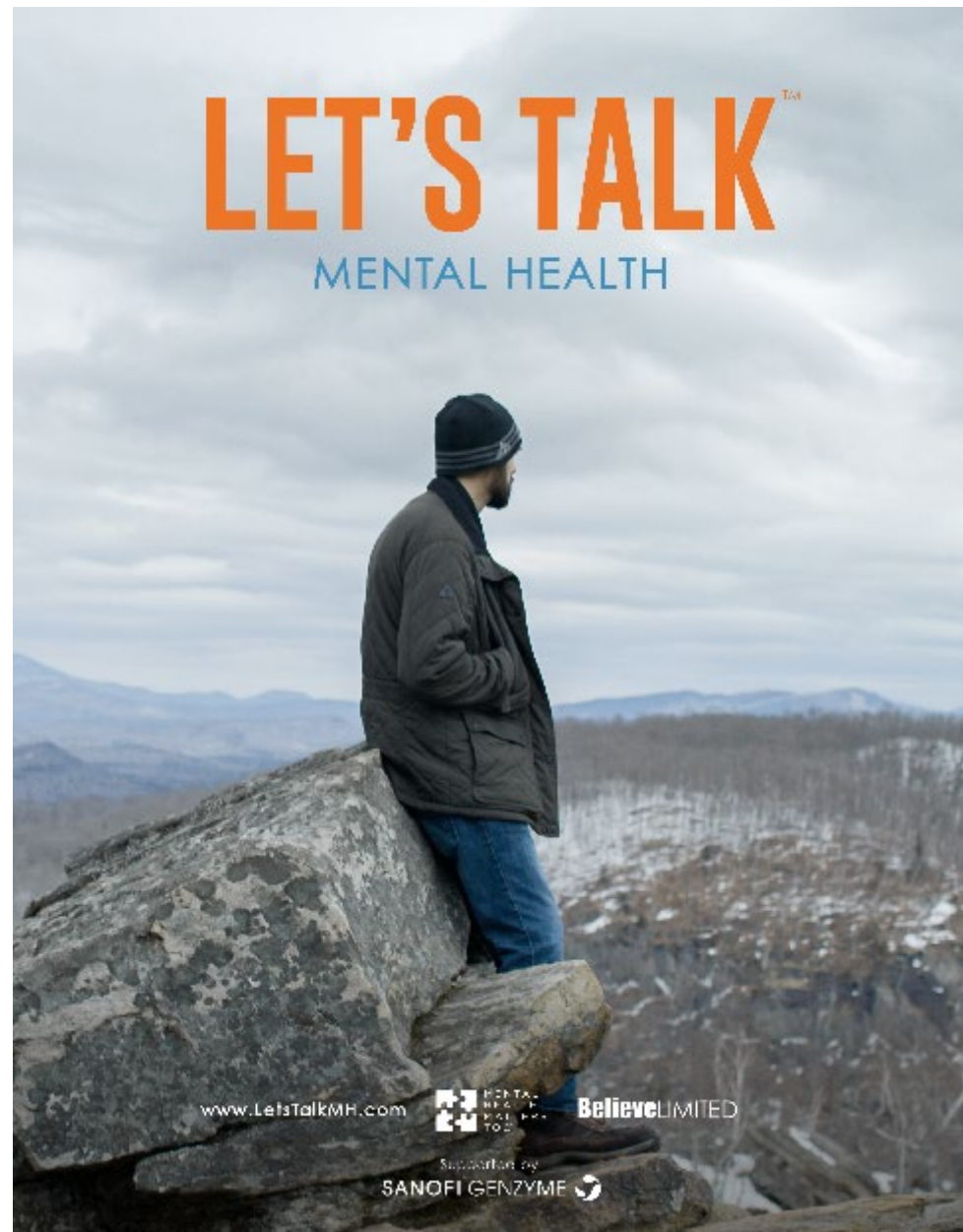


- Our **Presenters:**
  - **Patrick James Lynch**, Film Producer, Actor, Writer, Director and Bleeding Disorders Advocate
  - **Debbie de la Riva**, licensed professional counselor, bleeding disorders mom and founder of Mental Health Matters Too
  - **Lynne Kinst**, Executive Director, Hemophilia Council of California

# BelieveLIMITED



# Let's Talk



# Questions & Discussion



Use **chat** or **unmute** (\*6)  
to ask your questions.

## Resources for Help



Suicide Prevention Hotline  
800-273-TALK

Crisis Textline  
Text HOME to 741741

Mental Health America – How do I find a therapist?

<https://screening.mhanational.org/content/how-do-i-find-therapist>

Care For Your Coronavirus  
[www.virusanxiety.com](http://www.virusanxiety.com)

# Resources for Help



Hemophilia Federation of America

- [Mental Health Resources](#)
- [Patient Assistance Portal](#)
- [COVID Resources](#)

National Hemophilia Foundation

[www.hemophilia.org/Newsroom/COVID-19-Information](http://www.hemophilia.org/Newsroom/COVID-19-Information)

[Mental Health Matters Too](#)

[Let's Talk – Mental Health](#)

JED Foundation – for teens & young adults

<https://www.jedfoundation.org/covid19-tips-and-resources/>

## Resources for Help



### California Resources for Emotional Support & Well-Being – [covid19.ca.gov](https://covid19.ca.gov)

- CalHOPE Peer-Run Warm Line. Call 833-317-HOPE (4673) Monday through Friday from 7 AM to 11 PM for COVID-19 specific non-emergency support.
- California Warm Peer Line. Call 855-845-7415 for 24/7 non-emergency support to talk to a peer counselor with lived experience.
- California Youth Crisis Line. Youth ages 12-24 can call or text 800-843-5200 for 24/7 crisis support.
- Teens can talk to another teen by texting TEEN to 839863 from 6 PM to 9 PM or call 800-852-8336 from 6 PM to 10 PM.
- Older Californians can call the Friendship Line 888-670-1360 for 24/7 support (60 or older and adults living with disabilities).

## Accessing Services



- If you have **Medi-Cal** and are in need of mental health services, call the number on your health plan membership card, or call your [local county mental health line](#). For help finding what services are covered, call the [Medi-Cal Managed Care and Mental Health Office of the Ombudsman](#) at [888-452-8609](#) Monday through Friday from 8am – 5pm.
- If you have a health plan through your **employer or purchase your own** health insurance, and are in need of mental health services, call the number on your health plan membership card.
- If you feel like you are coping with your stress by drinking or taking drugs, there is help available from the [substance use disorder programs in your county](#) or call the national treatment locator at [800-662-HELP](#).
- Call the [California's Aging and Adult Information local service line](#) at [800-510-2020](#) for help finding information and assistance in your area.



## Accessing Services



### If you are a patient on GHPP (Genetically Handicapped Persons Program)

- Mental Health Services are listed under the benefits:  
<https://www.dhcs.ca.gov/services/ghpp/Pages/Benefits.aspx>
- The referral must come from your Special Care Center (SCC) or Primary Care Physician (PCP). If you think that you need to see a specialist, contact your SCC physician or nurse coordinator to obtain a referral. The specialist must be a Medi-Cal Provider and willing to accept Medi-Cal rate for payment and must coordinate the care with your SCC and PCP.

Another  
resource to  
call  
for help?



## **SAMHSA Treatment Referral Helpline**

**877-726-4727**

for general information on mental health  
and to locate treatment services in your  
area.

Live assistance Monday through Friday  
8 AM to 8 PM Eastern.

[www.mentalhealth.gov](http://www.mentalhealth.gov)

JOIN US!

UPCOMING  
EVENTS



**November 17** –  
CANEXTions Summit

**November 19** –

What the Election Means  
for Your Health Care

**What the Election Means for Your Healthcare**

**ELECTION**

**THURS, NOV 19**  
**NOON - 12:30 PM**

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# Thank you for joining us!

A recording and slides will be available in a few weeks at

<http://www.hemophiliaca.org/programs/webinars/>

NEED HELP? Contact Lynne Kinst at (916) 572-7771 or [lkinst@hemophiliaca.org](mailto:lkinst@hemophiliaca.org)