

MENTAL HEALTH CRASH COURSE



Questions on Mental Illness?

The Crash Course offers an orientation to the resources in Contra Costa's mental health system. Anyone who has questions about the system is welcome to come. The Crash Course is a FREE one-time seminar and is held every week on Wednesdays from 6-8:00 p.m. Literature is given to each person with considerable information and suggestions to help manage a case. You will learn about mental illness, how to navigate resources effectively, housing and treatment, the legal system, the 911 process, the 5150 process and LPS Law.

Visit



www.mhcrashcourse.org to
download the presentation.

NAMI CC Website



For Zoom link, visit
www.namicontracosta.org

Contact



Greg Beckner at 925-765-8586 or
Michele O'Keefe at 707-410-0296