

TRIHCI STAFF

Clinical Psychologist

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Justice Center room #263

X296

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Substance Abuse Coordinator

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X253

Behavioral Health Coordinator

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SOC Care Coordinator

Amanda Sierra

X117

SOC Evaluation/Data Coordinator

Cassandra Gonzales

X118

Youth Tree Project Coordinator

Darby Hill

x115

**AFTER HOURS & EMERGENCY
SERVICES**

If you require medical or emergency services outside of normal hours of operation, please contact our health care affiliates accordingly.

AFTER HOUR EMERGENCIES:

Please call 911

Tule River Dept. of Public Safety

(559)-791-2123

Tule River Fire Department

(559) 784-1590

Tulare County Mental Health

(559) 788-1200

Tulare County Crisis

(800) 320-1616

Warm Line

1(877)-306-2413

TRIHCI On-Call Provider

(559) 789 - 4445

Please remember you are required to notify us and/or PRC within seventy-two (72) hours of your emergency or incident to ensure full compliance.

“You’re Not Alone”

May

**Is Mental Health
Awareness Month**



(559) 784-2316 ext. 227



Working towards wellness;

- ◇ Connect with others
- ◇ Give back to your community
 - ◇ Eat well
 - ◇ Stay positive
 - ◇ Get enough sleep
 - ◇ Take care of yourself
- ◇ Become physically active
- ◇ Create joy and satisfaction
- ◇ Get professional help if you need it

“Talking about your experience can be a challenge at times but it’s worth it. By being vocal, you can develop more coping skills, stronger relationships and a better sense of yourself”



Tips for speaking up;



With family and friends

Telling those around you that you’re living with a Mental Health condition can be helpful.



In the workplace

Advocating for your mental health in the workplace can be an important factor in living well. A key step is understanding what resources are available to help support a healthy work experience.



For more information and additional resources, visit our website at:

<https://trihci.org/bh.html>