



Santa Clara Family
Health Plan™

Get connected to behavioral health services

Mental and behavioral health services are a **covered benefit** for Santa Clara Family Health Plan (SCFHP) members.

The SCFHP Behavioral Health team can help you find the right care if you are:

- feeling worried, sad, or hopeless.
- having trouble sleeping, eating, focusing, or managing big feelings.
- losing energy or interest in things you used to enjoy.
- avoiding friends or social activities.
- wanting to change your alcohol or drug-use habits.

Our team can connect you:

- with your primary care provider (PCP) to talk about how you are feeling.
- to an in-person or telehealth counselor, therapist, or doctor. They can help you address your behavioral health needs.
- with a specialist if you want to make changes to your alcohol and drug-use.
- to a support group with others who might be going through similar experiences.

*Having thoughts of
harming yourself
or others?
Need emergency
psychiatric services?
Call 988 or go to the
nearest hospital.*

We are here to support you and help you find services.

**Call SCFHP's Behavioral Health team at
1-408-874-1984 (TTY: 711),**

Monday through Friday, 8:30 a.m. to 5 p.m.
Interpreters are available at **no cost** to you.

**For behavioral health support outside of SCFHP's hours, call
Santa Clara County Behavioral Health Services at
1-800-704-0900.**

For more information, visit www.scfhp.com/bh-services.
Or, use a smartphone camera to scan this QR code.



Santa Clara Family Health Plan DualConnect is an HMO D-SNP with a Medicare and Medi-Cal contract. Enrollment in DualConnect depends on contract renewal.

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