

Behavioral Health Department Recommendations

Waiting it Out....Coping While Your Medication Starts to Work

The treatment of mental disorders at times may include the use of medications. Although there have been huge advances in our understanding of the brain and helpful medications have been developed, the medications still have some features which have not been completely overcome; notably, most of the time the medications do not work instantly. They must be taken on a regular basis before improvement is felt and this may take anywhere from 1 – 6 weeks. After initial improvement, the full effects may take time to be realized.

For this reason we encourage people who have been placed on medication to allow time for it to do its job. If you are experiencing severe symptoms and do not feel you can wait for the therapeutic effects of medication, then it may be necessary to consider other more immediate remedies such as counseling, crisis intervention and hospitalization.

- Counseling** can be a powerful addition to medication, and may help you address your issues and provide support to you while the medication has time to take effect. If you are interested in receiving counseling services, please call the number on your insurance card listed to access mental health benefits. Or, contact Mercy Medical Group Behavioral Health at 924-6400 to arrange for therapy.
- Inpatient Hospitalization:** If you are in crisis, severely impaired or in danger, it may be necessary to consider evaluation for hospitalization. If looking into voluntary hospitalization, call for an assessment time, to inquire whether your insurance is accepted, and bed availability. The hospital will assist you.
- Partial Hospitalization Program or Intensive Outpatient Treatment:** The psychiatric hospitals with an asterisk * also offer outpatient services several days per week that include medication and therapy support. This can be a good alternative if you need more intensive help than outpatient care.

The following numbers can be of assistance to you in a psychiatric emergency:

Local Psychiatric Hospitals – Ask for Intake

*Heritage Oaks – 489-3336

*Sierra Vista – 423-2000

*Sutter Center for Psychiatry – 386-3077 (has a unit for children)

County SMHTC – 875-1000

IF YOU ARE FEELING SUICIDAL, CALL 911 or one of the Suicide Prevention numbers below:

- Suicide Prevention and Crisis Services:** These services provide free telephone counseling and support 24 hours a day. Trained staff can talk you through a difficult moment and direct you to other services as needed.

Sacramento Callers:	(916) 368-3111
Auburn and Placer County Callers:	(530) 885-2300
From Lincoln Telephones:	(916) 645-8866
Davis Crisis Line:	(530) 756-5000
Woodland Crisis Line:	(530) 666-7778
National Number:	1-(800)-273-TALK (8255)

- Domestic Violence – WEAVE:** This 24-hour hotline is answered by staff trained to support and intervene with women and children experiencing domestic violence. (916) 920-2952

We at Mercy Medical Group Behavioral Health will work with you to support your improved health.