

Providing mental health services to people affected by HIV/AIDS

# CARE Mental Health Services



## Signs and symptoms of common mental health problems

Are you experiencing?

- Sadness, hopelessness
- Sleeping too much or too little
- Changes in appetite and eating habits
- Persistent worries
- Feeling you want to hurt yourself
- Unable to have fun
- Racing thoughts
- Nightmares
- Drug or alcohol abuse

If so, mental health care might be right for you.

## Set up an appointment today

Call John at 562.624.4915 or email [john.blasco@dignityhealth.org](mailto:john.blasco@dignityhealth.org) or Paula at 562.624.4978 or email [paula.phelps@dignityhealth.org](mailto:paula.phelps@dignityhealth.org)



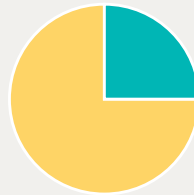
Living with HIV can be challenging. And it's okay to need help. The CARE Program offers therapy for you and your loved ones.

Your mental health is a very important part to staying healthy. It affects how you think, feel and act. It also can determine how you handle stress, relate to others, and make important choices.

You are not alone. Mental health should be part of your support team. We offer various support groups where you can receive compassionate care.

## What is Psychotherapy?

Psychotherapy is also called talk therapy. Talking helps with healing and functioning. It is just as important that people living with HIV receive primary health care as well as mental health care.



1 in 4 Americans will experience mental health problems in their lifetimes.

\*According to the National Alliance on Mental Health

## Some benefits of mental health treatment include:

- Symptom relief
- Improved overall functioning
- Economic benefits
- Improved adherence
- Improved relationship
- Improved physical health

The mind and body are not separated. What affect one, affect the other.

## CARE Program

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