



*saint john's*  
PROGRAM FOR REAL CHANGE



**STABILIZE. TAKE  
CHARGE. CHANGE.**

**CALL 916-383-1804**



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## **MENTAL HEALTH RESPITE SERVICES**

**For women in crisis, ready for change**

*Safe and holistic environment*

*Private respite housing (up to 7 days)*

*Comprehensive evaluation*

*Case management & advocacy*

*Peer counseling and support*

*Alcohol and other drug counseling*

*Individual & family therapy*

*Resources and referrals*

*Advocacy*

**TAKE THE FIRST STEP**

**CALL 916-383-1804**

This program is funded by the  
Division of Behavioral Health Services  
through the voter approved Proposition  
63, Mental Health Services Act (MHSA).

