

TAKE CHARGE

CALIFORNIA

800-952-5210

WWW.TAKECHARGECA.CA.GOV



BE SMART. BE SAFE. BE HEARD.

TAKE CHARGE!

of Your Mental Health

Ask Questions! Interview several therapists before making a decision. Don't be afraid to ask about fees and acceptable forms of payment.

Check for License. Use only the services of a mental health professional licensed to do business in California. You can verify the license online at www.takechargeca.ca.gov.

Are You a Good Match? Describe the issues you want to work on. Ask the therapist whether he or she has experience dealing with those issues.

Know What to Expect. Find out in advance how and when the length of treatment is determined.

Get a Description. Ask for a description of the type of treatment offered and what it involves.

Can You Get a Referral? If your treatment requires medication, ask whether or not the therapist can make a referral to a psychiatrist. A therapist cannot prescribe medication.

Know Before You Go. Before agreeing to treatment, find out what the therapist's policies are regarding cancellations and phone calls between sessions.

Take Charge When Choosing a Mental Health Provider!

For more information or to file a complaint about a mental health professional, visit the California Board of Behavioral Sciences online at www.bbs.ca.gov, or call the DCA Consumer Information Center at (800) 952-5210. To find mental health facilities in your area, visit www.bbs.ca.gov/consumer/find_services.shtml.

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