



**Center
of Breast
Excellence**

Early Detection Is Your Best Protection

Every Woman, Every Year,
Beginning at 40

General ultrasound services are
available same and next day
for appointments!

HALO

BREAST CARE CENTER

Formerly Chico Breast Care Center

1720 ESPLANADE | CHICO

530.898.0500 | CHICOBREASTCARE.COM

**We are
here to
help!**

COVID 19 has been stressful for many of us in Butte County as well as for many others around the world. Stress over a prolonged period of time can cause or make worse pre-existing conditions people might have as well. As a result, people can experience a significant increase in mental health challenges (anger, depression, anxiety, and fear) as well as increased substance use (drugs and or alcohol). If you or someone that you know is struggling with any of these issues there is help available.

Reaching out for help is not a sign of personal failure or weakness. It is the right thing to do. Every day, millions of people face challenges related to mental health and substance use. You are not alone, and we are here to help.

Butte County Behavioral Health has a mission to "Partner with individuals, families and the community for recovery from serious mental health and substance use issues and to promote wellness, resiliency and hope."

Now, more than ever, it is critical to pay attention to your mental wellness. If you or a loved one would like more information on local treatment and services, dial 2-1-1 to speak with someone for assistance.

Need help?

If you have Medi-Cal and are interested in accessing services with Behavioral Health for mental health or substance use treatment or if you are in crisis:



Please call our Access line (available 7 days a week 24 hours a day). 800.334.6622 or 530.891.2810



Services are provided in Chico, Paradise, Oroville, Gridley. **Support can be provided by phone, video, or in-person**



Additional resources are also available at buttecounty.net/behavioralhealth



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www.buttecounty.net/behavioralhealth/