

Holiday Health Awareness



You may have noticed that during the holidays there are many organizations conducting food drives, coat drives and "Adopt-a-Family" programs throughout our community and in some cases on our campus. Our staff is committed to assisting you and members of our community during the year, but especially during the holidays.

We want you to know that if you or your family needs help with housing, food, or Medi-Cal assistance, you can contact:

Siskiyou County Department of Social Services
841-2700

You can also go on-line at:

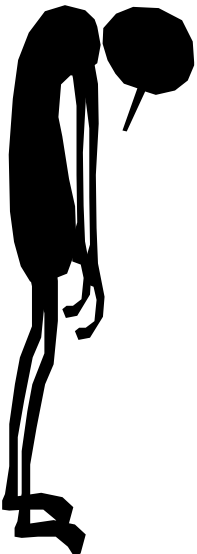
www.dhs.ca.gov

You can print out a copy of the application to mail into Siskiyou County Department of Social Services at:

818 S. Main St
Yreka CA

You can also receive assistance with:

Medi-Cal Healthy
1-800-880-5305



It is also not unusual during the holiday season to occasionally experience "the blues" or feel "down in the dumps". If you have feelings of depression, sadness, or anxiety occurring throughout the day, don't let these feelings overwhelm you. If you have a feeling of depression or you know of a student who is depressed, it is important to talk to your school's counselor.

If you don't have insurance or cannot afford to see a doctor, you may also contact:

Siskiyou County Department of Behavioral Health

Mt. Shasta
Yreka

427 Alder

2060 Campus Drive

918-7200

1-800-452-8979

The information that you provide is confidential