

NORTH AMERICAN  
**NAMHS**  
MENTAL HEALTH SERVICES  
**MISSION**

NAMHS is California's largest provider of mental health services, advocating compassionate, competent care to our community, while serving diverse populations, using our unique talents to create balanced wellness and purposeful living.

We are changing lives to change the future.

NORTH AMERICAN  
**NAMHS**  
MENTAL HEALTH SERVICES  
**PROMISE**

We promise to work diligently to meet the needs of our patients, by providing support services that help heal our communities one patient at a time.

**TO GET  
HELP**

**(530).646.7269**

**[namhs.com](http://namhs.com)**



**VISIT THE STUDENT  
SUCCESS CENTER (SSC)  
LOCATED ON THE 2ND  
FLOOR OF THE LIBRARY  
TO LEARN MORE.**



**NORTH AMERICAN**



**MENTAL HEALTH SERVICES**

*Changing Lives to Change the Future*

# ABOUT US

## PRIMARY SERVICES

- Therapy
- Counseling
- Psychiatry
- Medication Management
- Online Mental Health

## QUICK FACTS

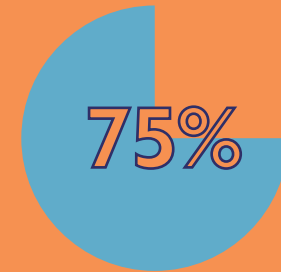
- Established in 2011
- #1 Carelon Provider
- Services in 20+ Counties
- 6 NAMHS Clinic Locations
- New Clinics Coming Soon

# MENTAL HEALTH STATISTICS



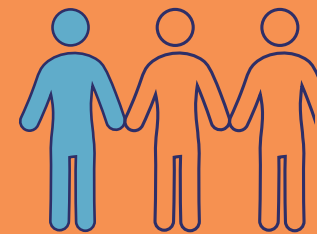
Half of adults ages 18-24 reported anxiety and depression symptoms in 2023

KFF ANALYSIS OF US CENSUS BUREAU, HOUSEHOLD PULSE SURVEY, 2023



75 percent of mental illnesses begin by the early adulthood (age of 24)

WARNING SIGNS OF MENTAL ILLNESS, AMERICAN PSYCHIATRIC ASSOCIATION, 2022



# 1 in 3

U.S. young adults (18-25) have experienced a mental illness

MENTAL HEALTH BY NUMBERS, NATIONAL ALLIANCE ON MENTAL ILLNESS, 2020

35+ PROVIDERS • 70+ THERAPISTS • 12,000+ PATIENTS SEEN MONTHLY

## HOW CAN WE HELP?

We have an exceptional team of providers that meet the needs of patients with a range of conditions & concerns including:

- **STRESS**
- **ANXIETY**
- **DEPRESSION**
- **ADHD**
- **PANIC ATTACKS**
- **ADDICTION**
- **PTSD**
- **EATING DISORDERS**
- **& MORE**

## WHERE TO GET HELP

### ON CAMPUS

Conveniently located in the **SSC**, 2nd floor of the Library, a NAMHS professional is available Monday through Friday by appointment. (Call to schedule)

### IN CLINIC

Uncomfortable being seen on campus? Make an appointment to be seen at our local Redding clinic.

### ONLINE

Appointment times don't fit your schedule? Be seen virtually by a NAMHS professional from anywhere!