

Know your rights

- **Do not open the door** if an immigration agent is knocking. If you are inside of your house, show the card through the window or slide it under the door.
- **Do not answer any questions** from an immigration agent if they try to talk to you. You have the right to remain silent.
- **Do not sign anything** without first speaking to a lawyer. You have the right to speak with a lawyer.
- If you are outside of your house, **show your “red card” to the agent**. Ask the agent if you are free to leave and if they say you can, leave calmly.
- Red cards, shown below, can be downloaded here:
bit.ly/know-your-rights-4immigrants.

Plan ahead

- Develop an emergency plan in case a loved one is deported. Download a family preparedness plan here:
bit.ly/family-preparedness.
- Talk about your emergency plan with your family members who are in this country.

Your rights if arrested by ICE

- You have the right to remain silent.
- You have the right to speak to a lawyer before saying or doing anything.
- Do not sign any documents without speaking to a lawyer first.
- View a more comprehensive list of rights at bit.ly/nilc_rights.

Immigrant Resources

Immigrant Advocates Network

bit.ly/legal-services-directory

Access a national immigration legal services directory.

The Office of Immigrant Relations

bit.ly/1KnowYourRights

Resources for the immigrant community.

To locate ICE detainees online

locator.ice.gov/odls/#/index

Rapid Response Network (RRN) (408) 290-1144

- Anyone can call the 24/7 HOTLINE to report ICE activity in our county and receive help in real time!
- Protects immigrant families from deportation threats and to provide accompaniment support during and after a community member’s arrest or detention.
- Visit amigoscenter.com/rapid-respon to learn more and to request RNN cards in various languages.



MENTAL HEALTH GUIDE FOR IMMIGRANTS



COUNTY OF SANTA CLARA
Behavioral Health Services



Why is mental health important?

Mental health refers to our well-being, how we think, feel, and act. It's about how we deal with stress, relate with others, and make decisions. Currently, the immigrant community may find it harder to cope with added stress. If left unmanaged, this stress may lead to emotional issues, development of a mental illness, or thoughts of suicide.

Worried about a loved one?

Mental illnesses are common. If you recognize the warning signs, follow these steps to access the healthcare they need.

- Talk to them in private and share why you are concerned.
- Listen to what they have to say and offer support.
- Share the list of county mental health resources.
- Learn more about the 988 lifeline at bit.ly/scc988.

Take a free training

Knowing how to support a loved one in crisis can be confusing and overwhelming. Consider taking a free mental health or suicide prevention training to help guide you. Learn to recognize warning signs, engage in meaningful conversations, and connect individuals in crisis with the support they need.

- Visit bit.ly/scctrainings to request a free access code. This training is for adults and is only available in English.
- To arrange a group training or for more information, please contact: PreventionServices@hhs.sccgov.org.

Mental illness/suicide warning signs

Changes in how you think

- Having more negative or pessimistic thoughts
- Ruminating on the same thoughts over and over
- Having unusual thoughts that others don't have
- Thoughts about death or suicide

Changes in how you act

- Noticeable changes in eating or sleeping
- Increased drug, alcohol use, or other ways to numb pain
- Doing reckless things
- Withdrawing and spending most of your time alone
- Not caring for personal hygiene or health needs
- Letting obligations slide
- Outbursts or out-of-control behavior

Changes in how you feel physically

- Increased discomfort, pains, headaches, stomachaches
- Feeling tired, fatigue
- Hearing, seeing, smelling, tasting things that others do not

Changes in how you feel

- Long-lasting irritability, anger, or sadness
- Extremely high and low moods
- Excessive fear, worry, or anxiety
- Excessive worthlessness or guilt
- Increased feelings of shame
- Losing pleasure or interest in activities

Stress in your life

- Conflict with or rejection from your family, culture, support system, or community
- Exposure to trauma, violence, or abuse
- The experience of loss or grief
- Employment, academic, or financial stress
- Chronic or terminal illness
- Discrimination or bullying
- Trouble adjusting to a new culture
- Changes in academic performance

Mental health resources are available for all immigrants, regardless of status.

Behavioral Health Services Call Center (800) 704-0900

The Call Center gives free, 24/7 access to County services, including:

- Specialty mental health
- Substance use treatment or prevention
- Support for survivors of suicide
- General information, grievances, and appeals

Crisis and Suicide Prevention Lifeline Call or Text 988

The Lifeline provides direct connection to free, 24/7, confidential, and compassionate support for anyone experiencing mental health distress, including:

- Thoughts of suicide
- Mental health or substance use crisis
- Just need to talk

Behavioral Health Urgent Care (408) 885-7855

2221 Enborg Lane, San Jose, CA 95128

Walk-in clinic for local residents who are experiencing behavioral health crisis and need help.

Crisis Intervention Trained (CIT) Officer 911

In an emergency ask for a CIT officer who is trained in mental health issues.