

Ventura County Behavioral Health and 211 now offer a texting service to keep in touch after you leave the hospital.

The service will send you texts and reminders for your upcoming appointments.

If you need help with something or just want someone to talk to, you can call in to speak with a 2-1-1 staff person 24/7.

Just dial 2-1-1 or text your zip code to 898-211.



Join Today



Heading Home?

Join our free texting service to stay connected after you leave



**Text INTAKE to
(805) 954-3090
to get started**



How does it work?

Check-in Texts

If you sign up, you will receive texts that will help you stay connected to services. The texts will last for 3 months.

In the first month, we'll send a text checking in with you up to 4 times a week. We can also send you reminder texts for any follow up appointments you enter. During the second and third month the number of texts we send will go down to a few per week.

You will be asked to respond to these texts using the letter next to the pictures below.

- A 😊 Doing Well
- B 😊 I'm Coping
- C 😐 I'm Not Coping
- D 😞 Not Well

If you respond with an A or B, we will send a text to thank you for checking in. Mental wellness tips will also be sent to you throughout the 90 days.

If you respond with a C or a D, we will ask if you'd like to be connected to 211 for assistance or to a mental health hotline.



After the program, tell us your opinion

We want to know if this program helped you during your recovery.

After 3 months, we will ask a few questions via text message including:

1. If the text messaging program was helpful to you.
2. If you would recommend the service to someone else who is leaving the hospital.

After 6 months, we will text you one last time with a few follow up questions.

Opting Out:

You can choose to stop receiving these text messages at any time - just text the word EXIT and we will remove you from the program.



Add a Support Person

If you'd like, a support person such as a parent or friend can participate in this messaging program with you.

The text messages they get will be like the texts you get. Once a week they will be asked how **you** are doing. They will also get a reminder for any appointments you enter.

A note about confidentiality:

We will take the steps to keep your personal health information confidential and to protect it from unauthorized disclosure, tampering, or damage. If you'd like more information, just ask! You can call 805-981-8496 for more information.

To sign up

All you have to do is text
INTAKE to (805) 954-3090

Because this service is an extension of 211 you can always speak to a person by dialing 2-1-1 or texting your zip code to 898-211 any time: day or night, 7 days a week.