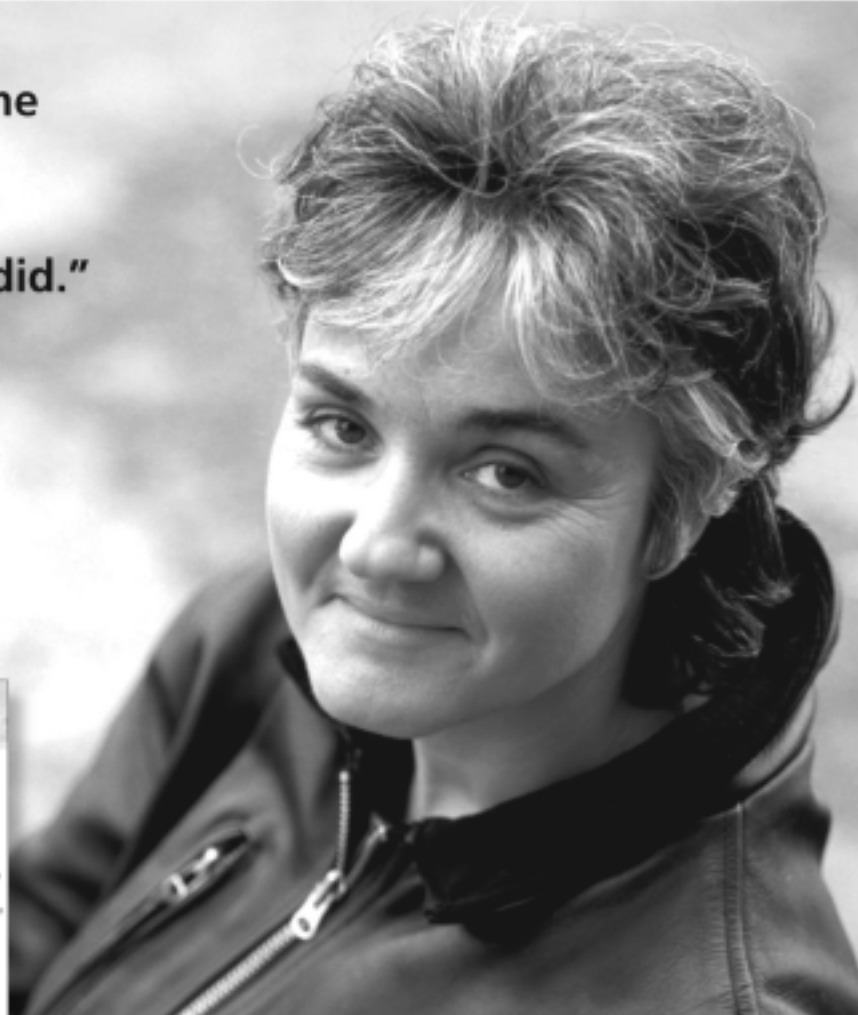


It's all about mental health.

"I never thought that the Internet could improve our lives...
...but it did."



It's easy, even for beginners, to use Network of Care.

Network of Care is a comprehensive, Internet-based community resource for people with mental illness, as well as their caregivers and service providers. This easy-to-use Web site provides an extensive directory to put people in touch with the right services at the right time. It also offers vital information about diagnoses,

insurance and advocacy, as well as daily news from around the world concerning mental health. This unique, one-stop information tool enables you to find pertinent mental-health Web sites, keep personal records, and communicate directly with elected officials to make your voice heard in the legislative halls.

<http://alameda.networkofcare.org/mh>



This Network of Care for Mental Health Web site is sponsored by the California Mental Health Services Act and the California Department of Mental Health, along with your local mental-health agency.