



Mental Health Resources

Common Mental Health Stresses:

- Overwhelm
- Insecure: not confident you can accomplish goals & handle relationships
- Doubt: self-doubt, doubt there's a good future for you
- Significant fatigue that affects judgment & relationships
- Grief, extreme sadness
- Isolation
- Disappointment, discouragement
- Regret
- Avoidance

Sonoma County Mental Health Resources:

- 24-Hour Services:
 - (707)-565-6900
 - (800)-870-8786
- 24-Hour Suicide Prevention:
 - (855)-587-6373