

REACH OUT & CONNECT

**RELATIONSHIPS ARE
IMPORTANT FOR THE
HEALTH AND WELL-BEING
OF EVERY FAMILY.**

**MENTAL HEALTH IS
JUST AS IMPORTANT AS
PHYSICAL HEALTH**



- *Relationships with other supportive adults can help your brain and body turn down the stress response and build resilience.*
- *And Mental health support can play an important role in protecting children from the effects of toxic stress.*
- *Making time to relax, engage in a fulfilling hobby, or participate in a fun activity can help a lot, too!*

And sometimes we need support from health professionals too.

- *Seeking mental health treatment is about taking action as soon as you notice a problem, so your child or other family member can get the help they need and feel better.*
- *Counseling and other kinds of mental health treatment can be helpful for children who have faced difficulties in life. This kind of support may also help you if you've experienced trauma as a child or adult.*

**HERE ARE LOCAL RESOURCES
YOU MIGHT TRY:**

RIVER CITIES COUNSELING

643 Blackburn Ave., Corning, CA 96021
530.824.4408

CHILDREN FIRST & LASSEN COUNSELING

590 Antelope Blvd. Suite A40, CA 96080
530.529.9454

NORTHERN CALIFORNIA CHILD DEVELOPMENT INCORPORATED

530.529.1500 (ask for community counseling)

FAMILY COUNSELING CENTER

1112 Washington St. Red Bluff, CA 96080
1347 Grant St. Red Bluff, CA 96080
530.527.6702

GREENVILLE RANCHERIA

1425 Montgomery Rd. Red Bluff, CA 96080
530.528.8600

PARISH HEALTH & WELLNESS

22425 Sunbrite Ave. Red Bluff, CA 96080
530.528.2342

For more questions on parenting or
local 0-5 resources

call 211

(Ask for Help Me Grow Tehama)

or

The Pregnancy to Preschool
Partnership at

530.527.7305

or

Tehama County Parent Helpline

530.529.1500 ext. 1152

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