

Problems Relating to Alcohol/Smoking/
Prescriptions/Street Drugs/Food or
Gambling, for Yourself, or Another.

See Resource #4,5,8,11,14,18,19,21,22

Job Problems or Financial Worries.

Frequently Feeling Nervous or Stressed.

See Resource #1,3,4,11,13,14,18,24

Social or School-Functioning Troubles.

Isolation/Estrangement/Experiencing
Bullying.

See Resource #1,2,3,4,7,11,13,20,24

Sexual Issues or Gender Identity Issues.

See Resource #4,7,14,18,25

Worries about Physical Health or Aging,
For Yourself or Another.

See Resource #1,6,14,17,18,24

Thoughts or Actions of Harm, to Yourself
or Others.

See Resource #1,3,4,9,10,15,16,18,20

Frequent Experiences with Overactive
Behavior or Thoughts, or

Short Attention Span/Impulsive Behavior.

See Resource #1,2,3,9,10,11,13,18,20

Parenting or Family Issues.

See Resource #1,2,3,12,20

Feeling Judged, Feeling Low Self-Worth or

a Need to be Perfect.

See Resource #1,2,3,4,11,13,18

Experiencing Panic or Discomfort Being
Away From Home or in Public Places.

See Resource #1,2,3,4,6,9,10,20,24

Re-Experiencing a Significant Trauma/
Overly-Alert/Fearful.

See Resource #1,2,3,4,9,10,18,25

Learning or Memory Difficulties.

See Resource#3,4,6,11,12,15,16,18,20,24

Having a Friend or Family Member with
Diagnosed Mental Health Issues.

See Resource#9,10,14,15,18

Having a Previous Mental Health
Diagnosis, Yourself.

See Resource #1,2,3,4,9,10,15,18,24

**For Mental Health Emergencies,
Call these appropriate numbers:**

**24-hour Emergency Mental
Health Hotline [1.800. 746.8181](tel:1.800.746.8181)**

**North Bay Suicide Prevention
Hotline: [1.855. 587.6373](tel:1.855.587.6373)**

**California Youth Crisis Hotline
(24-hour) [1.800.843.5200](tel:1.800.843.5200)**

**Spanish language counselors:
[1.888. 628.9454](tel:1.888.628.9454)**

**Veteran Crisis Line
[1.800.273.8255](tel:1.800.273.8255). Press "1"**

**General Health/Human Services
info Phone: [211](tel:211)**



This Resource brochure produced by:

Windsor Wellness Partnership
9048 Brooks Rd S #136
Windsor, Ca 95492

"...to help Windsor become the
healthiest community in California... "

www.windsorwellness.org

Mental/Emotional Health and Wellness

Self-Quiz, with Windsor-Area Resources

Angry Feelings/Outbursts/Aggression
Toward Others.

Problem-Causing Behavior, by
Yourself, or Others.

See Resource#1,3,4,9,10,12,18,20,23

Long-lasting Sadness, Grief,
Sleeplessness or Poor Appetite.

Frequently Tired or Lacking
Enjoyment in Daily Activities or Loss
of Emotional Feelings.

Unhappy or Frequent Crying or
Difficulty Thinking or Making
Decisions.

Performance of Day-to-Day Activities
or Work is Declining .

See Resource#1,2,3,9,10,17,18,24,25

Marital/Relationship Problems,
Including any Abuse or Violence.

See Resource #1,2,3,4,7,18,23

Uncontrollable Thoughts or

Hearing Voices/Experiencing Visions.

See Resource #1,2,3,4,6,9,10,15,16,18