

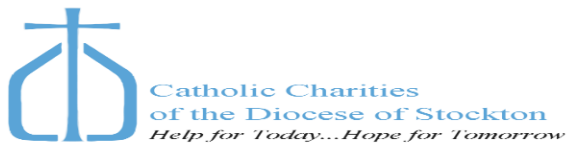
**It's OK**  
not to be OK



***"IT IS OKAY TO HAVE DEPRESSION, IT IS OKAY TO HAVE ANXIETY AND IT IS OKAY TO HAVE AN ADJUSTMENT DISORDER. WE NEED TO IMPROVE THE CONVERSATION. WE ALL HAVE MENTAL HEALTH IN THE SAME WAY WE ALL HAVE PHYSICAL HEALTH." ~PRINCE HARRY***

The Month of May is Mental Health Awareness Month. During these difficult times, it is so important to not only take care of our physical health, but our mental and emotional well-being also.

Catholic Charities Diocese of Stockton counseling department is providing counseling services in San Joaquin County and Stanislaus County. Counseling services are available in English and Spanish. For more information please call us at (209) 340-3218 from 9am-4:30pm.



If you or your child is experiencing a crisis please contact the appropriate agencies listed below.

National Suicide prevention lifeline: 1-800-273-8255

Stanislaus warm line: 209-558-4600

San Joaquin County: 24/hour crisis phone response (209) 468-8686

Crisis text line/ free, 24/7 support text "EMM" to 741-741 to text with a trained crisis counselor.

In case of a mental health emergency please go to the nearest emergency room or call 911.



Catholic Charities Diocese of Stockton Counseling Department  
1106 N. El Dorado St.  
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(209) 340-3218