



MENTAL HEALTH COUNSELING SERVICES

Available for Dunnigan residents

* **Individual counseling for adults at nearby locations**

* **School-based counseling for students at their respective schools**

COMMON ISSUES

STRESS

ANXIETY

DEPRESSION

SEXUAL ABUSE

SELF-ESTEEM

ADHD

SUICIDAL IDEATION/ATTEMPTS

RELATIONSHIPS

PARENTING

DIVORCE

BEHAVIORAL PROBLEMS

SUBSTANCE ABUSE

DOMESTIC VIOLENCE

EATING DISORDERS

Medi-cal preferred but not required. Please call for more information or to schedule an appointment.

Esparto Office
530-787-4110

Winters Office
530-794-6000