

- ◆ Are you feeling worried, overwhelmed, sad, lonely, or irritable?
- ◆ Have you had a loss of interest in activities that you would typically like?



If you are experiencing mental health symptoms, we are here to help. If you are 18 years + we provide free consultations and linkage to Behavioral Health resources.



For more information, please call the Riverside County Office on Aging 1-800-510-2020 or contact the mental health liaison, Nora Escobar, clinical therapist II, 760-863-7892.