



Total health for your mind, body, and spirit

Everyone's health and wellness journey is unique. That's why we're here to partner with you and your loved ones when you need mental health support and services. You have many convenient ways to get care by phone, online, or in person.



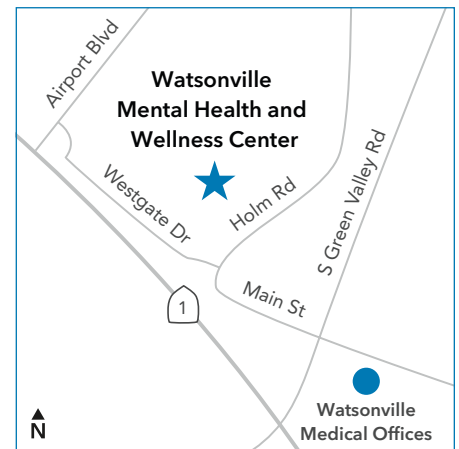
Types of care we offer

- Adult, adolescent, and child mental health services
- Addiction medicine and recovery services
- Medication management
- Crisis intervention
- Educational classes*
- Online resources
- Counseling and therapy



We can help with

- Anxiety
- Depression
- Attention deficit hyperactivity disorder (ADHD)
- Addiction and substance use disorders
- Bipolar disorder
- Obsessive-compulsive disorder
- Other mental health conditions



Map not to scale

Watsonville Mental Health and Wellness Center

180 Westgate Drive, Suite 304
Watsonville, CA 95076

Behavioral Health: **831-768-6736**

*Some classes may require a fee.