MENTAL HEALTH AND WELLNESS

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

*Some classes may require a fee.

Watsonville Mental Health and Wellness Center
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Behavioral Health: 831-768-6736

kp.org/mentalhealth