



Mental Health Services (RUHS-BH)

Carlos Lamadrid will be facilitating one on one consultation sessions covering various topics. Consultations will be on every **second Tuesday of the month:**

30 minute sessions

*after a few consultations, he will refer you to an outside source that can further assist if the help is needed.

If you have a visual impairment Call our front desk to inquire!

No health insurance necessary!

(951)-341-9244

Consultations will be from 10am until noon and resume 1pm until 3pm.

Discussion topics:

Individual Session Topics

- 8 Dimensions of Wellness/Life Balance Wheel
- Alcohol Abuse
- Balancing Parental and Peer Pressures (Stress Management)
- Can Stress Affect My Family (Stress Management)
- Disappointment & Rejection
- Emotional Eating
- Grief and Loss Education
- Handling Stress in Relationships/Interpersonal Conflicts
- I am Valuable (Self Care at the Forefront)
- Nutrition for the Mind, Body and Soul-Facing Up a Guide to Self-Directing Wellness (Healthy Eating, Mental Health Services, Is This For Me? (Intro to RUHS-BH)
- Empowerment, Spirituality)
- Signs and Symptoms (Anxiety Disorders)(Bipolar Disorder)(Depression)(Eating Disorders)(PTSD)
- Suicide Prevention
- Vicarious Trauma

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Outreach and Engagement Coordinator-Western Region

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