

“Feeling well makes it easier to respond to the demands and stresses at home, work and school.”

– National Alliance on Mental Illness



Logrando Bienestar
ACHIEVING WELL-BEING

Lograndobienestar@ventura.org

Serving youth and adults
in Ventura County

OFFICE LOCATION

1911 Williams Drive
Oxnard, CA 93036

T (805) 973-5220

F (805) 981-4209

Made possible by MHSA Act



Logrando Bienestar
ACHIEVING WELL-BEING

*Understanding the
importance of
emotional well-being*

ACHIEVING WELL-BEING



*Are you or anyone
you know...*

Experiencing a change in behavior that negatively impacts your life or lasts for weeks at a time?

- Loss of appetite
- Being sad for no reason
- Changes in eating and sleeping habits
- Loss of motivation at home, school, and/or at work
- Persistent disobedience or aggression
- Easily frustrated leading to unnecessary aggression
- Seeing and hearing things that are not there
- Intense fear
- Addictions
- Suicidal Thoughts

Who We Are

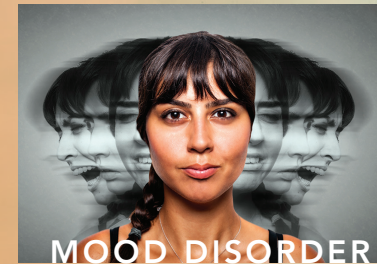
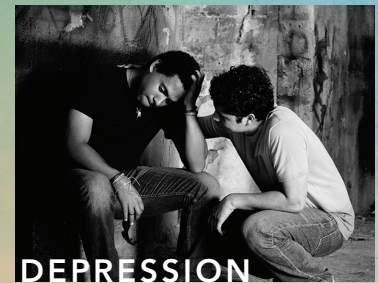
Logrando Bienestar is a program of Ventura County Behavioral Health designed to help the Latino community understand the importance of mental and emotional health, with the goal to help individuals access services for a productive and healthy lifestyle.

EDUCATION

- How to understand signs and symptoms of physical and emotional distress
- Information on available services
- Education and Awareness

SUPPORT

- Helping individuals and families access services
- Providing guidance and support



Logrando Bienestar is a program that was developed to walk you through the process of getting well. We are determined to find you the assistance that you may need to continue being productive parents, siblings, children, friends or spouses.