

# WELL(NESS)ESSITY

## MENTAL HEALTH WELLNESS

### Prevention AND Early Intervention- Outreach & Engagement



Well(ness)essity is funded under the Mental Health Services Act, Proposition 63. Prevention and Early Intervention-Outreach and Engagement is dedicated to developing and carrying out culturally competent and creative activities that best serve the diverse communities of Orange County.

Through partnerships in the community, Well(ness)essity focuses on motivating participants and promoting knowledge and skills about mental health wellness. Participants are encouraged to identify areas of strengths and gain positive relationships in their lives.

#### Services offered in North and South Orange County include:

- Educational and life skills workshops
- Support groups
- Referrals and linkages to resources
- Case management services
- Short-term individual/group counseling

For more information, please contact Outreach & Engagement Staff.

### OCAPICA

Orange County Asian and Pacific Islander Community Alliance  
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