

## We're in this together!

Aldea is offering free crisis counseling to Napa and Solano county residents impacted by the earthquake. Counseling will be offered in both English and Spanish.

### Are you or your child:

- feeling overwhelmed or helpless
- having trouble sleeping
- feeling on edge

### Are you or your child experiencing:

- headaches
- digestive problems
- rapid heartbeat

Counseling provides people with emotional support, coping skills and connections to other resources.

Crisis counseling is available regardless of income level, but appointments are required. Please call to reserve an appointment in your county.

Napa County: 707-253-0123, ext. 625

Solano County: 707-425-9670, ext. 400

## Aldea can help.

Connect with us online to learn more:

[www.aldeainc.org](http://www.aldeainc.org)

[twitter.com/aldeainc](https://twitter.com/aldeainc)

[facebook.com/aldeainc](https://facebook.com/aldeainc)

