

Solano County Behavioral Health

Wellness Recovery Peer Support Groups

Are you looking for a place where you can get education and support concerning your emotional or Mental Health issue. If you are, please join us for our free Peer support groups in one of the following Solano cities:

Vacaville – 1119 E. Monte Vista Dr – Vacaville, CA 95688 5:30p.m. to 6:45p.m.
every Tuesday evening

Fairfield – 2101 Courage Dr,
multipurpose room – Fairfield, CA 94533
6:00p.m. to 8:00p.m.
every Wednesday evening

Vallejo – 355 Tuolumne St. Third Floor –
Vallejo, Ca 94590 1:00p.m. to 2:30p.m.
every Thursday afternoon

For information concerning any of these groups please contact: Rachel E. Ford, Consumer Affairs Liaison for the Wellness Recovery Unit at: 707 – 553 – 5735 or

reford@solanocounty.com .



WELLNESS • RECOVERY • RESILIENCE

MH Myths vs. Facts

Myth: Mental Health issues don't affect me.

Fact: Mental Health issues are very common:

- One in five American adults has experienced a MH issue
- One in 10 young Americans experienced a period of major depression
- One in 20 Americans lives with a serious mental health issue, such as schizophrenia, bipolar disorder or major depression

Myth: People with Mental Health issues, even those managing their issue, cannot tolerate the stress of holding down a job.

Fact: People with MH issues are just as productive as other employees . Employers who hire people with MH issues report good attendance and punctuality as well as motivation, good work and job tenure on par with or greater than other employees.

Myth: Therapy & self-help don't work, just take a pill.

Fact: Treatment for MH issues varies depending on the individual and could include medication, therapy, a support group or all three. Many individuals work with a support system during the recovery and healing process.