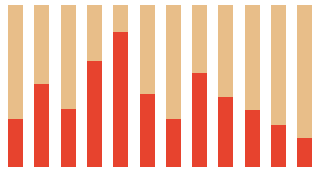


PETS OFFER MANY MENTAL HEALTH BENEFITS



REDUCE STRESS, ANXIETY & DEPRESSION

Pets can reduce stress and anxiety.



EASE LONELINESS & ISOLATION

Pets can help you feel less alone and more connected to the world.



IMPROVE YOUR OUTLOOK ON LIFE & MENTAL HEALTH

Pets can make you happier and healthier.

HELP BUILD SOCIAL CONNECTIONS

Pets can help you meet new people.

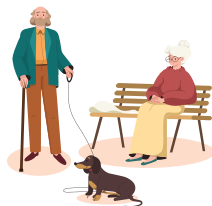


INCREASE LEVELS OF "FEEL GOOD" HORMONES

Pets can help boost your mood and improve your overall well-being.

HELP OLDER ADULTS FIND MEANING & JOY IN LIFE

Pets can help older adults feel connected and engaged.



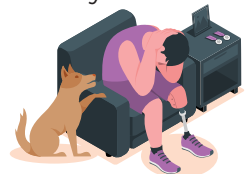
PROVIDE UNCONDITIONAL LOVE

Pets can provide love and support without judgment.



NON-JUDGMENTAL COMPANIONSHIP & EMOTIONAL SUPPORT

Pets can provide a listening ear and a shoulder to cry on.



ALLEVIATE SYMPTOMS OF POST-TRAUMATIC STRESS DISORDER (PTSD) IN VETERANS

Pets can help veterans cope with PTSD symptoms.

ADDS STRUCTURE & ROUTINE

Pets can help you stay on a schedule.



PROVIDE A SENSE OF PURPOSE & SECURITY

Pets can give you a sense of responsibility and belonging.



PROVIDE SENSORY STRESS RELIEF

Pets can help you relax and de-stress.



California Department of Public Health (CDPH):

· If you are experiencing a mental health crisis and need immediate assistance, please text 988 or chat [988lifeline.org](https://www.cdph.ca/Programs/OPA/Pages/N20200828.aspx).
· Individuals seeking non-crisis, general mental health services or information can visit the Department of Healthcare Services [Individuals](https://www.cdph.ca/Programs/OPA/Pages/N20200828.aspx) page or contact the County Mental Health Department where you reside.

California Department of Education (CDE):

Program and services including important teen and youth crisis hotlines can be found [here](https://www.cde.ca.gov/ops/eng/20200828.aspx).

National Alliance on Mental Illness (NAMI):

NAMI's California affiliate provides education, support services, and resources in your community that you can search for [here](https://www.namincalifornia.org/).

Contact:

California Animal Response Emergency System
(CARES)

(916) 900-5002

cdfa.ahb_cares_program@cdfa.ca.gov