

Mental Health Month

May 2015

Behavioral Health & Recovery Services, Diversity and Equity Council Presents

STAND UP!

FOR

Mental Wellness

Sharing Stories of Hope and Inspiration for Recovery

DID YOU KNOW Mental health and freedom from addiction and substance use is an essential component of overall health and well-being for everyone? As many as **1 IN 4 PEOPLE** suffer from some sort of mental or stress-related issue, yet many people don't receive the help they need because of the **stigma** associated with mental health and substance abuse issues.

Join us as we kick-off

Mental Health Awareness Month!

Listen to and share stories of **hope and inspiration!**

View and create artwork!

Learn about local resources and **get involved to end the stigma!**

Monday, May 4th, 2015 6:00 – 8:00 P.M.

Room 100, 225 37th Ave, San Mateo

Refreshments will be served.

FREE-open to the public.

RSVP: Please RSVP by April 28th, 2015 to kmacasa@smcgov.org or 650-573-2541. Interpretive services are available upon request three days prior to the event.
Childcare available for youth ages 3 years and up and potty-trained.

Mental Health Awareness Month activities!

Board of Supervisors Proclamation

Tuesday, April 28th, 9:00 – 11:00 am

400 County Center Redwood City, CA 94063

Contact: Kathy Reyes 650-573-2174 ekreyes@smcgov.org

Tony Hoffman Awards Presentation

San Mateo County Mental Health & Substance Abuse

Commission meeting on May 6th, 3:00 – 5:00 pm

Room 100, 225 37th Ave, San Mateo, CA

Contact: Chantae Rochester crochester@smcgov.org

NAMI Walk

Saturday, May 30th, 8:30 am, Lindley Meadow,

Golden Gate Park, San Francisco

For more info, visit <http://namiwalks.nami.org/smbhrs>

Contact: Matt Boyle mboyle@smcgov.org

Family Awareness Night:

Wellness through Connection & Expression

Thursday, May 7th, 5:30 – 8:00 PM

One East Palo Alto Community Center

2400 Ralmar Ave, Menlo Park, CA

Contact: Kava Tulua ktulua@1epa.org

Pacific Islander Initiative presents

Breaking the Silence –

A Digital Stories Screening Premiere

Monday, May 11th, 6:00 – 8:00 pm

Room 100, 225 37th Ave, San Mateo, CA

Contact: Juliet Vimahi jvimahi@pcrcweb.org

African American Community Initiative Dialogue Event

Saturday, May 2nd, Location: TBD

Contact: Amina Burrell 650-573-2610 aburrell@smcgov.org

The Waiting Period

A play written and performed by Brian Copland

about his battle with depression

Skyline College, Monday, May 11th, 11:15 AM – 1:30 PM

3300 College Dr, Building 1, San Bruno, CA

Contact: Beverly Muse bmuse@smccd.edu

Lived Experience Academy Panels

South San Francisco Council Chambers

33 Arroyo Dr., So. San Francisco

Tuesday, May 12th, 5:15 – 7:00 pm

Half Moon Bay Recreation Center

110 Higgins Canyon Road, Half Moon Bay

Thursday, May 21st, 5:30 – 7:30 pm

Contact: Kim Westrick c_kwestrick@smcgov.org

