



Be the one to listen

Hear from community members with Lived Experience

Have you ever wondered how to support a friend or family member going through mental health challenges?

You may be struggling to find the right words. You may be confused about what mental illness and addiction are. You may feel unsure of how to help.

This is an opportunity to learn directly from people in your community who have lived through mental health challenges.

In this panel discussion, you will:

- Hear personal stories about recovery from mental health and substance use challenges
- Learn what people can do to better support their loved ones and fellow community members
- Find local resources and where to turn if you or someone you know need support and connection

JOIN US!

Wednesday, May 17, 2017
5:30- 7:00 PM

Project Ninety Friendship Hall
416 2nd Ave., San Mateo, CA

FREE EVENT

Light refreshments will be available.

Questions?

Contact Mai Le, mle@smcgov.org

Office of Diversity and Equity

*San Mateo County Behavioral Health
and Recovery Services*

Find more **Mental Health Awareness Month** events:
www.smchealth.org/general-information/mental-health-awareness-month

