



"This is a picture of some principles of the California Clubhouse and flowers made by clubhouse members. Going to the California Clubhouse gives me a sense of community. No one judges one another because of their illness. It can be difficult to find places to go that are free of stigma when you have a mental illness."

~Barbara



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"Life is beautiful but when you're depressed it's hard to see it. When you're in it, it feels like there's no hope or end in sight. This image shows light shining through the trees, like hope through the darkness of sadness, anger, anxiety and hopelessness."

~Barbara



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"This is an image of St. Vincent de Paul in San Mateo. When I wake up in the morning I have a positive place to go. Smiling faces greet me. The volunteers all know my name. They give me food, clothing and haircuts. Someone cares about me and is making an effort to help me. Having structure and caring individuals in my life improves my mental health and brings me joy."

~Jon



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"When I first got sick I didn't understand where it came from. Like the sun through the clouds, good providers and the right medication brought me hope. This image of the sun breaking through clouds is what it feels like to be on the road to wellness from mental illness."

~Barbara



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"Do you want to wait for the rain to stop or do you want to wait at Central County for mental health services? I got services because I came to believe that I could get better, that I could do better.

And I am better!"

~ Jon



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