

# HOW TO GET INVOLVED

- **Core Group**
  - Meet monthly to plan the direction of FMHI and help oversee or lead FMHI activities
  - Network with organizations and community members to help promote FMHI's mission
- **Event/Activity Planning**
  - Plan and carry out FMHI activities and events such as community presentations and trainings
- **Outreach Team**
  - Flex your creativity by helping to design flyers and brochures for FMHI activities.
  - Represent FMHI at festivals, fairs and other community events

# RESOURCES

- Psychiatric Emergency Services (PES)..... 650.573.2662
- San Mateo County ACCESS..... 800.686.0101
- Crisis Intervention and Suicide Hotline..... 800.273.TALK
- California Youth Crisis line..... 800.843.5200
- Pilipino Bayanhan Resource Center..... 650.992.9110
- Asian American Recovery Services..... 650.243.4888
- San Mateo County Health System
  - Aging and Adult TIES Line..... 800.675.8437
  - Behavioral Health and Recovery Services..... 650.573.2541
- Health Plan of San Mateo..... 650.616.0050
- Daly City Community Services Center..... 650.991.8007
- North Peninsula Neighborhood Services Center..... 650.588.8822
- Health Coverage Unit..... 650.616.2002
- Autism Hearts Foundation..... 415.392.0882
- Liwanaag Kultural Center..... www.liwanaag.org
- For any emergencies call..... 911

Health is a state of complete physical, mental and social well-being, and not merely the absence of disease or infirmity.

- World Health Organization



**Filipino Mental Health Initiative**  
 Mindful of our Community's Health  
 FMHISMCG@gmail.com



Funded by San Mateo County Behavioral Health & Recovery Services and Mental Health Services Act



Filipinos are known for warmth and hospitality, even though at times, behind our smiles may be stress, anxiety, depression or substance use.

**HELP US BRING WELLNESS TO OUR COMMUNITY.**

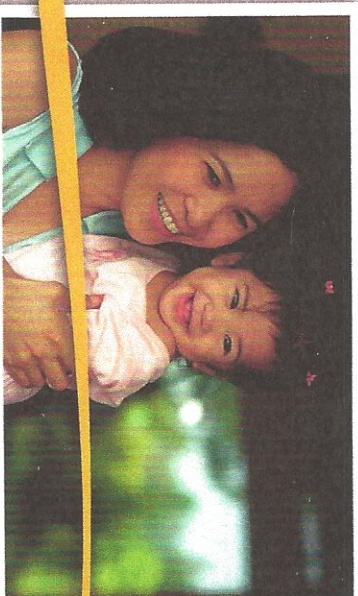


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## OUR GOALS

### REDUCING STIGMA

Many Filipinos view mental health and substance use as shameful, and do not seek treatment for these issues. This is called *stigma*. FMHI believes that stigma should not prevent Filipinos from getting treatment they need. We educate Filipinos about the facts of mental health and substance use, and the treatments that can help.



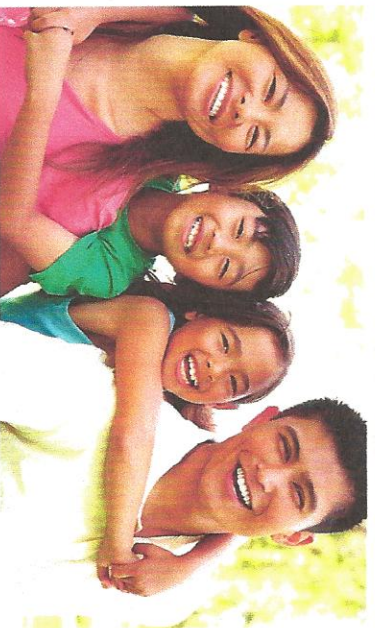
### INCREASING ACCESS TO SERVICES

Filipinos may not know about services in the community that can help them, or may find it hard to talk with someone who is not Filipino. FMHI connects Filipinos to health, mental health and social services, and strives to ensure culturally appropriate services are provided.

## FMHI MISSION STATEMENT

The mission of the Filipino Mental Health Initiative (FMHI) is to improve the well-being of Filipinos in San Mateo County by:

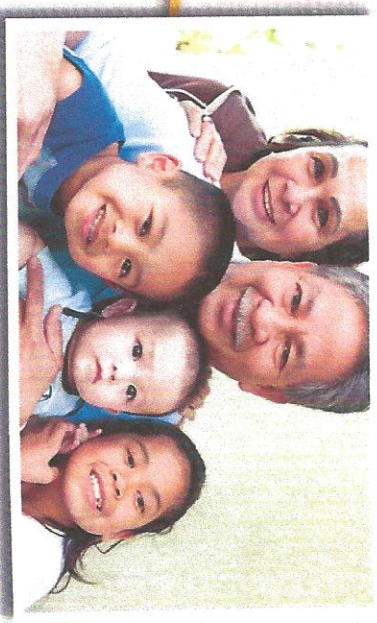
- Reducing the stigma of mental health and substance use
- Increasing access to services
- Further empowering the community through outreach and engagement



### COMMUNITY OUTREACH

FMHI aims to outreach into the Filipino community through festivals, events, social media and other activities.

- FMHI activities have included:
- Community health forums and presentations
  - Trainings of medical and mental health staff
  - Partnerships with other Filipino social service groups
  - Outreach at annual Filipino festivals
  - Participation in anti-stigma teaching video development



## FACTS

- There are over 70,000 Filipinos living in San Mateo County, which make up about 10% of the County population, yet less than 4% of the clients receiving services from county behavioral health services are Filipino.
- Among new Filipino immigrants, job-related stress has a strong impact on overall health and well-being.
- Family caregivers of individuals with physical and mental illnesses experience higher levels of stress, depression and social isolation than the general public.

## OUR VISION

The vision of the Filipino Mental Health Initiative is a healthy and thriving Filipino community that is actively engaged in improving community health, and the one that celebrates its culture and heritage.