



BE SENSITIVE, BE BRAVE FOR MENTAL HEALTH

A Culturally Infused Workshop on Mental Health

"Be Sensitive, Be Brave for Mental Health" infuses culture and diversity throughout a foundational workshop on mental health. This free workshop prepares community members to help friends and loved ones during times of distress. Learn how to recognize mental health conditions, what to do when someone needs support, and tools for maintaining good mental health.

WHAT IS COVERED

- Identify someone is in mental distress
- Practice being sensitive and brave in helping others
- Increase awareness of mental health resources
- Build resilience using a recipe for mental health
- Build cultural sensitivity around mental health
- Respond to community needs and decrease stigma

HOW THIS IS DELIVERED

- 2-hour workshop (virtual or in-person)
- Classroom size is about 15-40 participants
- Presentation with interactive breakout groups
- Available in English (to be offered in additional languages)

WHO THIS IS FOR

- High school age and above (to be offered in additional age groups)
- All community members including those who are not mental health or suicide prevention professionals

If you know someone who is in suicidal crisis or emotional distress, get 24/7 free confidential crisis support:

Call 988 or 650-579-0350

Text 988 or "BAY" to 741741

Want to Host or Take this Training?

CONTACT:

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More information at
[smchealth.org/
general-information/
be-sensitive-be-brave](https://smchealth.org/general-information/be-sensitive-be-brave)



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