May 2019
Mental Health Awareness Month
In San Mateo County

#BeTheOneSMC
#WordsOfWellness

In partnership with your local libraries
Full list at: bit.ly/wordsofwellnessbooks

by Brandy Colbert
#Bipolar
#LGBTQ
#ProtagonistOfColor

by Stephanie Wittels Wachs
#SubstanceUse
#LovedOnes

by Randolph M. Nesse, M.D.
#Medical
#History
#General

National Lifeline: 800-273-8255

StarVista Crisis Hotline (San Mateo County): 650-579-0350

ACCESS Call Center (behavioral health services): 800-686-0101