



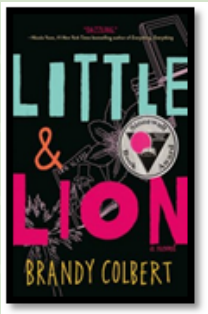
May 2019

**Mental
Health
Awareness
Month**

*in San Mateo
County*

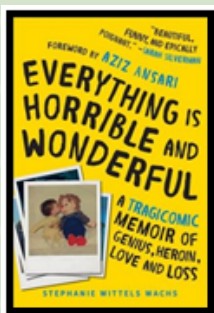
#BeTheOneSMC
#WordsOfWellness

*In partnership with your local
libraries*



by Brandy
Colbert
#Bipolar
#LGBTQ
#ProtagonistOfColor

by Stephanie
Wittels Wachs
#SubstanceUse
#LovedOnes



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

"A wise, accessible, highly readable exploration of an issue that goes to the heart of human existence." —Robert M. Sapolsky, author of *Behave*



**Good Reasons
for Bad Feelings**

Insights from the Frontier of Evolutionary Psychiatry

Randolph M. Nesse, MD

Full list at:

bit.ly/wordsofwellnessbooks



**National Lifeline:
800-273-8255**

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

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