



NEWS

April 14, 2016

San Mateo County Health System and Community Partners *Be the One* to Stand Up for Mental Wellness

WHAT: San Mateo County Health System's Behavioral Health and Recovery Services is partnering with local organizations throughout the month of May to raise awareness about mental illness and substance use issues, and the importance of getting help.

On May 4, National Mental Health Awareness Month will kick off with *Be the One* at the San Mateo County Health System, where the public can hear directly from community members about what it is like to live with a mental illness and substance use condition and their journey to recovery. Members of the public will be invited to learn about local resources and '[Take the Pledge](#)' to help end the stigma surrounding mental health and substance use disorders in San Mateo County by starting the conversation and encouraging those who need help to seek it.

Enjoy an evening of hope and inspiration, with refreshments, raffle prizes, the [Be the One photo booth](#), and resource tables. Interpretive services will be available upon request with three days' notice. Childcare is provided.

Please RSVP at www.mentalhealthmonth.eventbrite.com.

WHERE: Wednesday, May 4, 2016, 6:00 – 8:00pm, *Be the One: Stand Up for Mental Wellness* at San Mateo County Health System, [225 37th Ave, Room 100, San Mateo](#).

May's Mental Health Awareness Month events are free and open to the public as follows:

- April 26, 9:00-11:00am, Board of Supervisors Proclamation, County Center, Redwood City
- May 3, 5:30-7:30pm, Mejorando Mi Salud (Improving My Health), San Mateo
- May 4, 3:00-5:00pm, Tony Hoffman Award Presentation, San Mateo County Health System
- May 4, 6:00-8:00pm, Be the One: Mental Health Month Kickoff, San Mateo County Health System
- May 7, 8:00am-4:30pm, Mental Health First Aid Training, San Mateo County Health System
- May 12, 1:00-3:00pm, Honoring the Recovery Journey: Exploring Mental Health in a New Light, San Mateo Public Library
- May 12, 1:30-5:00pm, LGBTQ 102 for Clinicians: Theory, Practice, and Intersectionality, Redwood Shores Library
- May 14, 8:00am-4:30pm, Mental Health First Aid Training, San Mateo County Health System
- May 14, 12:00-3:00pm, Honoring Our Journey Through the Power of Digital Storytelling, Heart



and Soul, San Carlos

- May 19, 5:30-8:00pm, Family Awareness Night: Wellness through Connection & Expression, East Palo Alto Community Center, Menlo Park
- May 20, 8:00-10:00am, Gambling Addiction Provider Training, Location TBD
- May 24, 6:00-8:00pm, Lived Experience Academy Panel, Belmont Library
- May 25, 6:30-8:30pm, NAMI San Mateo County General Meeting: Cordilleras Campus Redesign Project & Laura's Law, Mills Health Center, San Mateo

BACKGROUND: Mental illness is a medical condition and people can and do recover. One in four people have a mental health condition but less than half are getting the help they need. Many people do not seek help for themselves or their loved ones because of the stigma surrounding mental illness and the fear that others will judge them. The longer someone waits to get help, the longer their recovery process becomes. The more we talk about mental health and how to best help someone, the more likely a loved one will feel empowered to seek help and recover.

For more information on local mental health services available in San Mateo County, visit www.smchealth.org/mentalhealth.

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