



For immediate Release

San Mateo County Health System stands with community to support Mental Health Awareness Month

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 health and substance use issues, and the importance of getting help.

On May 2, National Mental Health Awareness Month (MHAM) will kick off with *Be the One* at the College of San Mateo, where students and the general public can learn more about mental health and how to support themselves, their loved ones, and the greater community. 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.

The event will promote hope and inspiration with refreshments, raffle prizes, the [Be the One Photo Booth](#), storytelling through videos and photos, and resource tables. Interpretive services will be available upon request with three days' notice.

The event is free and open to the public. RSVP at mentalhealthmonth2017.eventbrite.com.

WHEN/WHERE: Tuesday, May 2, 2017, 10:00 AM - 1:30 PM, *Mental Health Awareness Month Kickoff and Resource Fair* at College of San Mateo, Cafeteria, Building 10, 1700 W Hillsdale Blvd, San Mateo.

BACKGROUND: Mental health and substance use conditions are medical conditions, 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 health and substance use conditions and the fear that others will judge them. The longer someone waits to get help, the longer the 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.

For more information on the more than 20 Mental Health Awareness Month (MHAM) events in San Mateo County, please visit www.smchealth.org/mham.

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