

Mental Health is Ours

2026 SMC May
Mental Health Month



SAN MATEO COUNTY HEALTH
BEHAVIORAL HEALTH & RECOVERY SERVICES



PENINSULA SUICIDE PREVENTION



Felton institute



Free Events & Resources
Find events, support, and tools at
SMCHealth.org/MHM



SPEAKERS



Taylor Coutts, ASW
*Director of Programs
Peninsula Suicide Prevention
Felton Institute*



Walter Ng
*Community Engagement Supervisor
Peninsula Suicide Prevention
Felton Institute*



PENINSULA SUICIDE PREVENTION

Suicide Prevention for San Mateo County since 1966



**988 Suicide and
Crisis Lifeline**



**Community
Trainings and
Outreach**



Suicide Loss Team



**Local, State, and
National Advocacy**

WHY MENTAL HEALTH?



Reduce stigma and discrimination of mental health and substance use conditions



Increase access and use of behavioral health services



Empowering the San Mateo County community to increase wellness of behavioral health



2026 THEME: MENTAL HEALTH IS OURS



Campaign Kick Off Event
May 5th 12pm -3pm



Community Events



City Proclamations

Mental Health is Ours

Join us for our Mental Health Month kickoff event, bringing together community to spark conversation and strengthen support across San Mateo County. Show your support and wear green!

<p>Expert Panel Local leaders engage in real conversation around mental health and suicide prevention</p>	<p>Resource Connections Meet the organizations serving San Mateo County and learn about the available services</p>	<p>Interactive Experiences Participate in hands-on activities</p>	<p>Light Bites Refreshments will be provided</p>
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Tuesday, May 5th
12 PM-3 PM

2600 S El Camino Real, Suite 300,
San Mateo, CA. 94403

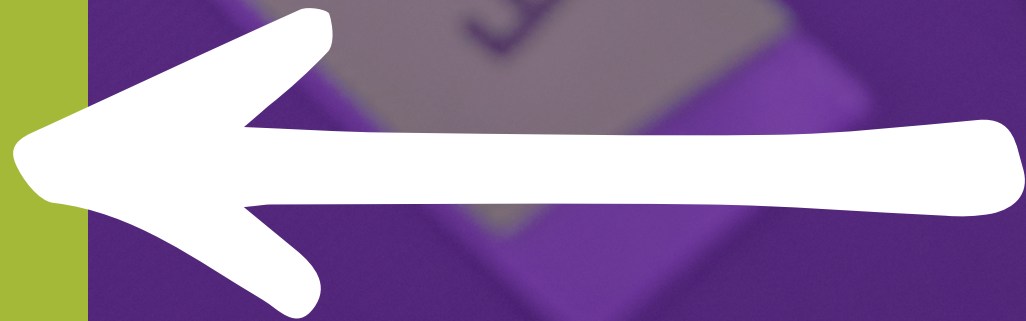
RSVP TODAY



GET INVOLVED

Take action to promote mental health in our San Mateo County community!

- **SHARE** - Spread the word about free events and resources using our flyers and social media calendar
- **988** - Tell a friend or loved one about 988 and other mental health resources
- **EDUCATION** - Schedule a mental health training with one of our amazing providers in San Mateo County



CONTACT: PSP@FELTON.ORG



THANK YOU FOR MAKING 2026 MHM POSSIBLE

- *Supervisor Canepa and Supervisor Gauthier*
- *SMC Behavioral Health Commission*
- *Sylvia Tang and SPC Planning Committee*
- *Mayors Mental Health Initiative, city officials and those participating in city proclamations*
- *2026 MHM mini-grantees*
- *Felton staff*



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