

FREE

# BE SENSITIVE, BE BRAVE FOR MENTAL HEALTH

## Culturally Responsive Workshop on Mental Health

"Be Sensitive, Be Brave for Mental Health" infuses culture and diversity throughout a foundational workshop on mental health. This free workshop prepares community members to help friends and loved ones during times of distress. Learn how to recognize mental health conditions, what to do when someone needs support, and tools for maintaining good mental health.

*Pizza and  
refreshments will  
be served following  
the session.*



**Identify when someone is in mental distress**



**Practice being sensitive and brave in helping others**



**Increase awareness of mental health resources**



**Build resilience using a recipe for mental health**



**Build cultural sensitivity around mental health**



**Respond to community needs and decrease stigma**



**TIME: 4-6PM**

**DATE: 4/26/22**

**LOCATION:**

SENIOR COASTSIDE  
925 MAIN STREET  
HALF MOON BAY, CA, 94019

REGISTER AT  
<https://bit.ly/3tSXjpf>

OR SCAN



SAN MATEO COUNTY HEALTH  
**BEHAVIORAL HEALTH  
& RECOVERY SERVICES**



**STAR VISTA**

### CONTACT

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If you know someone who is in suicidal crisis or emotional distress, get 24/7 free confidential crisis support: Call 650-579-0350 (or 1-800-273-8255) or text "BAY" to 741741. To get involved or for more information about suicide prevention in San Mateo County, visit [SMCHealth.org/SuicidePrevention](https://SMCHealth.org/SuicidePrevention)