

FREE

# 表達關懷，勇敢提問 心理健康

心理健康文化回應研討會  
研討會用普通話進行

"表達關懷，勇敢提問：心理健康"通過心理健康基礎研討會注入文化和多元性因素。這個免費的研討會讓社區成員準備好在困難時期幫助朋友和親人。了解如何識別心理健康狀況、當有人需要支持時該怎麼做以及保持良好心理健康的工具。

5月28日星期六  
2:00PM-5:00PM



確定某人處於精神困境中



練習敏感和勇敢地幫助他人



提高對精神衛生資源的認識



使用心理健康秘訣建立復原力



圍繞心理健康建立文化敏感性

點擊以下鏈接註冊 <https://bit.ly/3uForIB>

或者掃描



免費 25 美元禮品卡

授予前 15 名註冊並參加整個研討會的參與者



SAN MATEO COUNTY HEALTH  
BEHAVIORAL HEALTH  
& RECOVERY SERVICES



STAR VISTA

CommunityConnections  
Psychological Associates, Inc.

如果您知道某人有自殺傾向或情感抑鬱，可通過以下方式獲得全天候援助：  
撥打 650-579-0350(或 1-800-273-8255)或編輯短信 "BAY" 發送至 741741。有關聖馬特奧縣自殺預防的更多信息，  
請訪問 [SMCHealth.org/SuicidePrevention](https://SMCHealth.org/SuicidePrevention)。

FREE

# BE SENSITIVE, BE BRAVE FOR MENTAL HEALTH

## Culturally Responsive Workshop on Mental Health Conducted in Mandarin

"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.

**SATURDAY, MAY 28  
2:00PM-5:00PM**



**identify 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**

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

OR SCAN



**FREE \$25 GIFT CARD**

Awarded to the first 15 participants to register and attend the entire workshop



SAN MATEO COUNTY HEALTH

**BEHAVIORAL HEALTH  
& RECOVERY SERVICES**



STAR VISTA

**CommunityConnections**  
Psychological Associates, Inc.

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)