

# Mental Health Month

San Mateo County | May 2025



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







# Why Mental Health Month?

- Reduce stigma and discrimination of mental health and substance use conditions
- Increase access and use of behavioral health services
- Increase wellness of behavioral health



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## Core Continuum of Care



### Prevention and Wellness

**Service:** Includes services, activities and assessments that educate and support individuals to maintain healthy lifestyles and prevent acute or chronic conditions, like wellness checks and health promotion activities



### Outpatient

**Services:** Variety of traditional clinical outpatient services like individual and group therapy, ambulatory detoxification services



### Community Services & Supports

**Services:** Flexible services that are designed to enable individuals to remain in their homes and participate in their communities, like supported housing, case management, supported employment and supported education



### Intensive Outpatient Treatment

**Services:** Includes services such as ACT (Assertive Community Treatment) and substance use intensive outpatient services that are delivered using a multidisciplinary approach to support individuals with higher acuity behavioral health needs



### Peer and Recovery Services:

Services delivered in the community that can be provided by individuals with lived experience, including young adults and family members



### SUD Residential

**Treatment:** Provided in short-term residential settings to divert individuals from or as a step-down from intensive services



### Crisis Services:

Include a range of services and supports, such as crisis call centers, mobile crisis services and crisis residential services that assess, stabilize and treat individuals experiencing acute distress



### Intensive Treatment

**Services:** Provided in structured, facility-based settings to individuals who require constant medical monitoring

# Mental Health on a Continuum

Full directory of behavioral health services and programs in San Mateo County at

<https://www.smchealth.org/post/find-behavioral-health-provider-program-or-service>



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# San Mateo County Board of Supervisors Proclamation for 2025 Mental Health Month



# Promotional Materials (Physical)

- Water bottles
- Bucket hats
- Octopus plushies
- Stickers
- Meditation Recipe Card
- Meditation Journals
- Continuum of You Guide
- Additional materials from existing inventory



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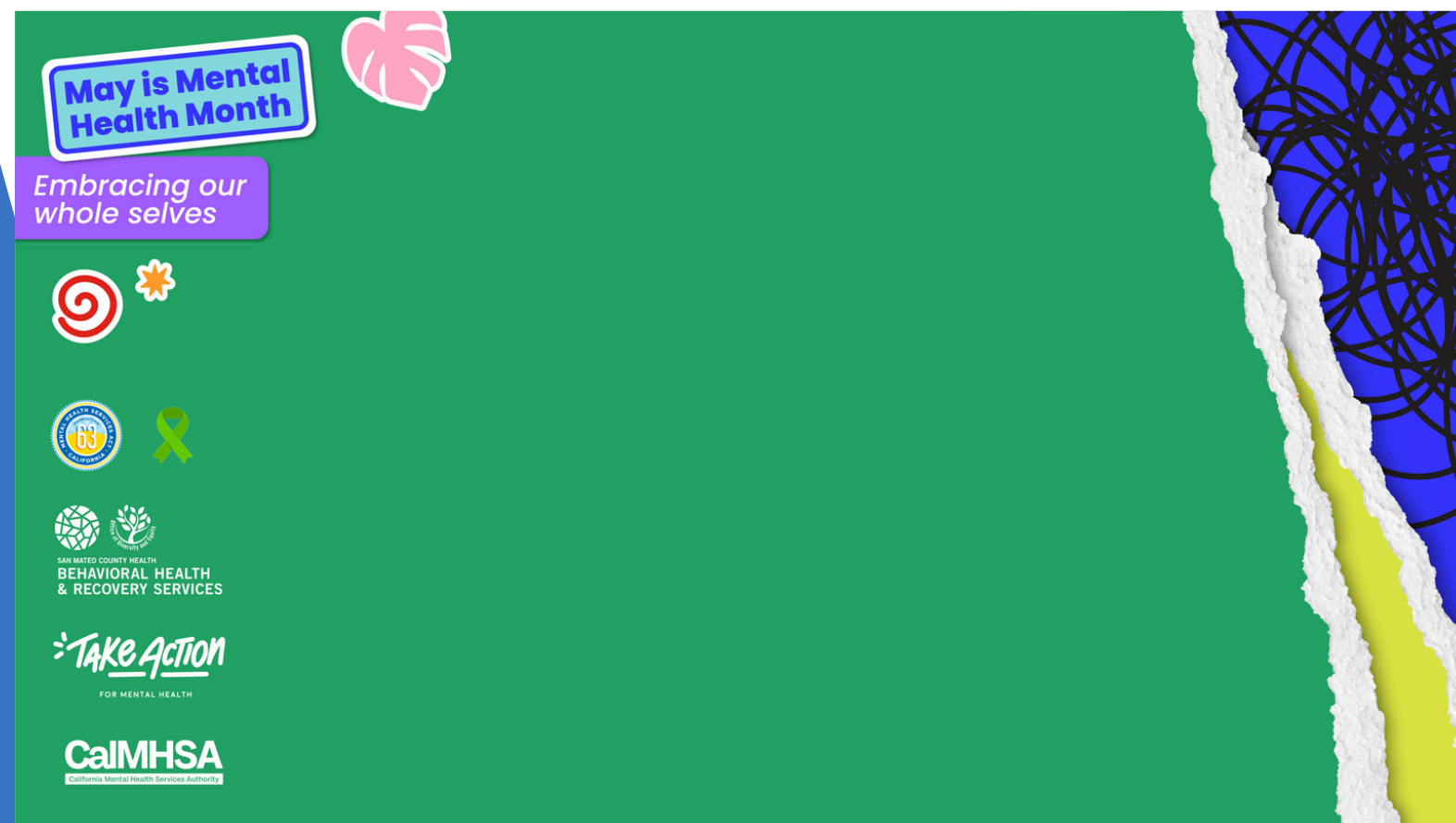






# Promotional Materials (Digital)

- Website
- Promotional flyer
- Social media calendar
- Virtual background
- Web banner







# May is Mental Health Month



*Mental Health  
as a  
Continuum*



# CALL TO ACTION



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Take action to promote mental health in our San Mateo County community. Resources for below actions at [smchealth.org/MHM](https://smchealth.org/MHM)

**Attend a Mental Health Month virtual or in-person event** hosted by community partners.

**Spread the word about free events and resources** using our flyers, virtual backgrounds and social media calendar

**Take a mental health community training** such as Mental Health First Aid and Be Sensitive Be Brave.



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[SMCHhealth.org/MHM](https://SMCHhealth.org/MHM)



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