Filipino Mental Health Initiative

Help us bring wellness to our community.

Filipinos are known for warmth and hospitality. Our smiles may be stress, anxiety, depression or substance use. Behind our smile, thoughts of home, belonging, and family are hidden. Let us support one another.

World Health Organization

- Health is a state of complete physical, mental and social well-being, and not merely the absence of disease or infirmity.

Helping our neighbors.

Facebook: FMHISW@Gmail.com

For any emergencies call 911
Lowongan Junior Center: www.ljwongang.org
Alwin Health Foundation: 415.392.0882
Health Coverage Unit: 660.16.0002
Services Center: 690.98.582
North Peninsula Neighborhood
Boy Scouts Community Services Center: 650.99.1807
Health Plan of San Mateo: 650.16.0050
Recovery Services and Behavioral Health and Aging and Adult Life Line: 800.67.8437
San Mateo County Health
Asian American Recovery Services: 650.233.1488
Filipino American Recovery Services: 650.99.22110
California Youth Club: 800.84.5200
Crisis Intervention and Suicide Hotline (800) 44.0.1010
San Mateo County ACCESS (650) 69.3.6622
Psychiatric Emergency Services (PES): 650.73.652

RESOURCES

Events:
- Community events
- Represent FMHIS at festivals, fairs and other
- Host and produce FMHIS activities
- Respond to community needs by helping to design and plan events such as community presentations
- Plan and carry out FMHIS activities and endeavors
- Network with organizations and community members to help promote FMHIS mission

Outreach Team
- Core Group
- Event/activity planning

How to get involved:

THRIVING.
THRIVING.
THRIVING.
FACTS

- Filipino mental health issues experience higher rates of stress, depression, and suicide.
- Family caregivers of individuals with physical and mental illness report on overall health and well-being.
- Traditional health services are needed.
- Filipino community health issues and stigma.

INCREASING ACCESS TO SERVICES

- Community outreach
- Further empowering the Filipino community
- Increasing access to services
- Reducing stigma

THE MISSION OF THE FILIPINO MENTAL HEALTH INITIATIVE (FMHI) IS TO IMPROVE THE WELL-BEING OF FILIPINOS IN SANTA CLARA COUNTY.

COMMUNITY OUTREACH

FMHI aims to outreach into the Filipino Community through various events, social media, and other means.

FMHI outreach initiatives include:
- Outreach at annual Filipino Festivals
- Partnerships with other Filipino social service groups
- Healthy eating and mental health workshops
- Community health fairs and presentations

FMHI activities have included:
- Development in anti-stigma teaching video
- Outreach at annual Filipino Festivals

REDUCING STIGMA

- The meanings that can help.
- The need of mental health and substance use.
- The need to reach Filipino community.
- We educate Filipinos about mental health and substance use as normal, and do not seek treatment for these issues. This is called stigma.

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