

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.



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



Respond to community needs and decrease stigma



TIME: 6:30-8:30PM
DATE: 5/25/22

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

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