

MAY IS MENTAL HEALTH MONTH 2016

FREE — OPEN TO THE PUBLIC

Life with a Mental Illness



- Raise Hope - Shared Recovery Stories
- Learn about Mental Health Challenges
- Discover Wellness Tools & Tips
- Stamp Out Stigma!!
- Access Local Resources
- Food & Beverages to be Served!!

Date Wednesday, May 25, 2016
Time 11:30 A.M. – 1:30 P.M.
Location Central Wellness & Benefits Center
2221 Enborg Lane
San Jose, CA 95128

Contact Tirus Ashford at 1 (408) 885-6220

Presented by the Behavioral Health Services Department
www.sccmhd.org



EACH
MIND
MATTERS
California's Mental
Health Movement



MHA
Mental Health America

For over 65 years, Mental Health America (MHA) has led the observance of May is Mental Health Month to raise awareness about mental health and mental illness. This year's May is Mental Health Month Campaign theme is Life with a Mental Illness—and will call on individuals to share what life with a mental illness is like for them in words, pictures and video by submitting to MHA anonymously or tagging their social media posts with #mentalillnessfeelslike.

Sharing is the key to breaking down the discrimination and stigma surrounding mental illnesses, and to show others that they are not alone in their feelings and their symptoms.