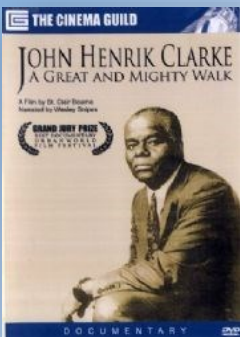


MAY IS MENTAL HEALTH MONTH 2016

FREE — OPEN TO THE PUBLIC

Life with a Mental Illness



- **Movie Night:** JOHN HENRIK CLARKE—A GREAT AND MIGHTY WALK
- **Light Movie Snacks**
- **Discussion:** How our history impacts our mental health and what can we do about it.
- This video chronicles the life and times of the noted African-American historian, scholar and Pan-African activist John Henrik Clarke (1915-1998).

Date May 13, 2016

Time 6:00 P.M. — 9:00 P.M.

Location 1075 E Santa Clara Street
San José, CA 95116

Contact **Melody Hames:** 1.408.792.3941 or
Mohamed Ali: 1.408.792.2153

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



SANTA CLARA COUNTY
Behavioral Health Services

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.