

# MAYO ES MES DE LA SALUD MENTAL 2016

## FREE — OPEN TO THE PUBLIC

# Vida con una Enfermedad Mela



- Mesa de Recursos de ECCAC
- Actividades y Juegos Para Toda la Familia
- Comida Gratuita
- Música y Entretenimiento
- Sorteos

**Date** Viernes, Mayo 13, 2016

**Time** 5:00 PM. – 9:00 PM.

**Location** 325 Santa Clara Ave., Gilroy, CA 95020

**Contact** Leticia Medina, 1 408 792 3921  
Liliana Carrisoza, 1 408 792 3903

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*



**SANTA CLARA COUNTY**  
Behavioral Health Services

# MAY IS MENTAL HEALTH MONTH 2016

## FREE — OPEN TO THE PUBLIC

# Life with a Mental Illness



- ECCAC Resource Table
- ECCAC Wellness Activities and Games
- Cultural Food
- Cultural Performances & Entertainment
- Giveaways

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*Presented by the Behavioral Health Services Department*  
[www.sccmhd.org](http://www.sccmhd.org)

*In collaboration with the English Learner Advisory Committee (E.L.A.C.) at Rucker Elementary*



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