

# MAY IS MENTAL HEALTH MONTH 2016

## FREE — OPEN TO THE PUBLIC

# Life with a Mental Illness



➤ **ESPERANZA Self-Help Center** is pleased to invite you to our annual **Mental Health Awareness Event**. Mental Health America, its affiliates, and other advocates from around the country have celebrated Mental Health Month every May since 1949. During this month, we reach millions of people with messages and materials of health and hope.

➤ **Please mark your calendars and join us** for this event during which we will be informing the public about mental health issues present everywhere—including *within our community*—along with various Self Help options available in our Center.

**Date** Friday, May 13, 2016  
**Time** 1:00 P.M.— 3:30 P.M.  
**Location** 1235 First St., Gilroy, CA 95020  
**Contact** 1 (408) 852-2460

**Presented by the Behavioral Health Services Department**

[www.sccmhd.org](http://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.*