

# 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
- FREE LUNCH!

**Date** Friday, May 27, 2016  
**Time** 11:30 A.M. — 1:30 P.M.  
**Location** East Valley Behavioral Health  
1993 McKee Road, San Jose 95116  
**Contact** Lorraine Zeller at 1 (408) 792-2132

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.*

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



**SANTA CLARA COUNTY**  
Behavioral Health Services