MAY IS MENTAL HEALTH MONTH 2016 FREE — OPEN TO THE PUBLIC

Life with Mental Miness







- 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 PM.

Location East Valley Behavioral Health

1993 McKee Road, San Jose 95116

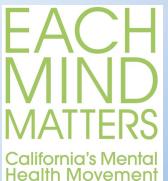
Contact Lorraine Zeller at 1 (408) 792-2132

Presented by the Behavioral Health Services Department

www.sccmhd.org











or 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.