

# MAY IS MENTAL HEALTH MONTH 2016

## FREE — OPEN TO THE PUBLIC

# Life with a Mental Illness



- Family and Children Services' LGBT Wellness Program invites you to celebrate the holistic wellness of our LGBT community!
- Access resources such as mental health education, food assistance, and more!
- Participate in wellness activities for all family members!

**Date** Friday, May 6, 2016

**Time** 5:00 P.M.— 7:00 PM.

**Location** Parque De Los Pobladores, 1<sup>st</sup> St.  
and Market St., San José, CA 95110

**Contact** 1 408 841 4301



**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 #mentallillnessfeelslike.

*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



Family & Children Services  
of Silicon Valley