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

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Office of Family Affairs will be hosting Family Fun Night

Presenting: Indigenous Healing Practices with Shaman Rio Salcedo

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> Music

Games

> Food & Beverages

Date Saturday, May 14, 2016

Time 5:00 P.M.– 7:00 PM.

Location 2221 Enborg Ln., San José, CA 95128

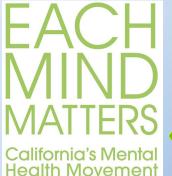
Contact Diana Guido, Maria Gonzaelz, or Juan Perez 1 (408) 792-2166

Presented by the Behavioral Health Services Department www.sccmhd.org





SANTA CLARA COUNTY Behavioral Health Services





Mental Health America

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.