

MAY IS MENTAL HEALTH MONTH 2016

FREE — OPEN TO THE PUBLIC

Life with a Mental Illness



Office of Family Affairs will be hosting
Family Fun Night

Presenting: **Indigenous Healing Practices with
Shaman Rio Salcedo
Zihuatlyacuicatl**



- Music
- Games
- Food & Beverages

Date Saturday, May 14, 2016
Time 5:00 P.M. – 7:00 P.M.
Location 2221 Enborg Ln., San José, CA 95128
Contact Diana Guido, Maria Gonzaelz, or Juan Perez 1 (408) 792-2166

**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 as 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



SANTA CLARA COUNTY
Behavioral Health Services