

# 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** Thursday, May 26, 2016  
**Time** 11:30 A.M. – 1:30 P.M.  
**Location** Sunnyvale Behavioral Health  
660 South Fair Oaks Blvd., 3<sup>rd</sup> Floor  
Sunnyvale, CA 94086  
**Contact** Lorraine Zeller at 1 (408) 992-4831

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



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.*