

MAY IS MENTAL HEALTH MONTH 2016

FREE — OPEN TO THE PUBLIC

Life with a Mental Illness



- **Thu., May 5th, 11:00AM** Residents' Rights Workshop
- **Fri., May 6th, 10:00AM** Consumer Appreciation Art Show
- **Wed., May 11th, 1:00PM** Anti-Stigma Presentation
- **Thu., May 12th, 1:30PM** Suicide Prevention
- **Wed., May 18th, 1:30PM** SSI/SSDI Recipients Who Want to Work and Maintain Benefits
- **Thu., May 19th, 1:30PM** Working While Disabled: How Work Affects Benefits
- **Fri., May 20th, 10:00AM** May Mental Health Month Event

Location Zephyr Self-Help Center
1075 E. Santa Clara Street
San Jose, CA 95116

Contact (408) 792-2140

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.

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



SANTA CLARA COUNTY
Behavioral Health Services