## **MAY IS MENTAL HEALTH MONTH 2016**

FREE — OPEN TO THE PUBLIC

## Life with Aness







- 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

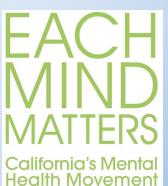
**Contact** (408) 792-2140

Presented by the Behavioral Health Services Department

www.sccmhd.org









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.