



# Yolo County Health and Human Services Agency

## May is Mental Health Month 2016

MAY 2016						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				



### Mental Health Month

Since 1949, Mental Health Month has been observed in May. The purpose is to raise awareness about mental illnesses, such as depression, schizophrenia and bipolar disorder. Additionally, we aim to draw attention to suicide and to educate our community about mental health disorders, while reducing the stigma that surrounds them.



**HALF OF US WILL EXPERIENCE A MENTAL HEALTH CHALLENGE IN OUR LIFETIME. ALL OF US HAVE A REASON TO SPEAK UP.**

CALENDAR OF EVENTS	
➤	<b>05/04</b> , 6:30 PM – 9:00 PM: Forum NAMI First Wednesday: Key Local Mental Health Services St. Martin’s Church Community Room, 640 Hawthorn Lane, Davis
➤	<b>05/05</b> , 11 AM- 2:00 PM: MIMHM Kick off & Cinco de Mayo Salsa Bar, West Entrance Lobby – Bauer Building
➤	<b>05/05</b> : SAMHSA Children’s Mental Health Awareness Day
➤	<b>05/06</b> , 10:30 AM – 2:30 PM: 8 <sup>th</sup> Annual Yuba Sutter Mental Health Wellness and Recovery Rally, 1965 Live Oak Blvd., Yuba City. Contact: Kristen Cline (530) 666-8630 for details
➤	<b>05/07</b> , 9:30 AM Registration/10:00 AM Walk: NAMIWalks 2016, William Land Park, Sacramento, Register at: <a href="http://www.namiwalks.org/NorthernCalifornia">www.namiwalks.org/NorthernCalifornia</a>
➤	<b>05/08</b> , 12:00 PM Doors Open/Bingo 1:00 PM, Odd Fellows Bingo game benefiting NAMI Yolo, Odds Fellows Lodge 415 2 <sup>nd</sup> Street Davis
➤	<b>05/12</b> , 12:00 PM – 1:00 PM: Brown Bag Screening of “ A New State of Mind: Ending the Stigma of Mental Illness” Video, Walker/Thomson - Bauer Building
➤	<b>05/12</b> , 4:00 PM – 6:30 PM, Yolo County Maternal Wellness Summit, Walker/Thomson- Bauer Building. Contact: Anna Sutton (530) 681-0409 to register.
➤	<b>05/23</b> , 4:30 PM: Art Submission Deadline - 5 <sup>th</sup> Annual MHSA Wellness Center Consumer Art Show
➤	<b>05/24</b> , 9:30 AM – 12:30 PM, Mental Health Matters Day, event hosted by Mental Health America of California, West Steps - State Capitol
➤	<b>05/26</b> , 1:00 PM – 3:30 PM: 5 <sup>th</sup> Annual MHSA Wellness Center Consumer Art Show, “Bright and Bold”, Thomson Room - Bauer Building. <i>Come cast your vote for your favorite art pieces!</i>
➤	<b>05/27</b> , 10:00 AM – 12:00 PM: 5 <sup>th</sup> Annual MHSA Wellness Center Consumer Art Show, “Bright and Bold”, Thomson Room - Bauer Building. <i>Come cast your vote for your favorite art pieces!</i>
➤	<b>05/27</b> , 3:00 PM – 3:30 PM: 5 <sup>th</sup> Annual MHSA Wellness Center Consumer Art Show, “Bright and Bold” People’s Choice Award Presentation, Thomson Room - Bauer Building.
➤	<b>05/30</b> : Memorial Day – County Offices Closed
MAY TRAININGS	
➤	<b>05/04</b> , 1:30 PM – 3:00 PM: How Work Income Affects Social Security Benefits, Thomson Room - Bauer Building. <i>Participation limited to Working Consumers.</i>
➤	<b>05/04</b> , 1:30 AM – 2:45 PM SafeTALK: Administration Building – Atrium Training Room, Register by emailing: <a href="mailto:MHSA-MHTrainings@yolocounty.org">MHSA-MHTrainings@yolocounty.org</a>
➤	<b>05/05</b> , 8:30 AM – 10:00 AM: Question.Persuade.Refer. (QPR), Suicide Prevention Training, Walker/Thomson Conference Room – Bauer Building
➤	<b>05/13</b> , 9:00 AM – 4:00 PM: WISE Navigating Conflicts between Recovery and Medical Models of Care, Walker Room – Bauer Building

**Questions or to Register:** Contact Kellymarie Chen, MHSA Office Support Specialist at (530) 666-8537