



Yolo County Health and Human Services Agency



May is Mental Health Month 2018

MAY 2018

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		

MAY IS MENTAL HEALTH MONTH HISTORY

Since 1949, Mental Health Month has been observed in May. The purpose is to raise awareness about mental illnesses and draw attention to suicide, ultimately educating our community and to reduce stigma surrounding mental health.

STIGMA REDUCTION ACTIVITIES

- **Mental Health Services Act Stop Stigma Awareness Wall:** Mental Health family members, clients, peers, and providers are encouraged to stop by the West entrance of the Bauer Building to sign a stigma reduction ribbon or blue dot throughout May to show your support of stigma reduction.
- **Lime Green Ribbon and Maternal Mental Health Blue Dot Pin Campaigns:** Pick up a lime green ribbon or blue dot pin from the Mental Health Reception Desks at all HHS Mental Health Clinics, the Bauer Building Welcome Desk, or an MHSA Wellness Center and wear it daily to show you actively support reducing mental health and maternal mental health stigma.
- **SNAP a Stigma Busting Selfie:** Stop by the Stigma Reduction Selfie station in the Bauer Bldg. or snap a selfie anywhere wearing your lime green ribbon and post to your personal social media accounts with one or all of the hashtags: #EachMindMatters #MillionsLikeMe #MIMHM2018.
- **Maternal Mental Health Blue Dot Campaign:** Show your agency/groups support for Maternal Mental Health by following the Yolo County Blue Dot campaign on facebook at: <https://www.facebook.com/YoloHealthServices/>. Learn more about Blue Dot Project at: <https://www.thebluedotproject.org/>

CALENDAR OF EVENTS

- **05/02, 12:45 PM:** Each Mind Matters at the Giants vs Padres game. For tickets visit: <https://groupmatics.events/event/eachmindmatters> (Supplies are limited)
- **05/03, 10:30 AM – 2:30 PM:** 9th Annual Yuba Sutter Mental Health Wellness and Recovery Rally, 1965 Live Oak Blvd., Yuba City. Mental Health Caseworkers, contact Jennifer Hernandez (530) 666-8524 for details.
- **05/04, 11:30 AM – 1:30 PM:** Stop Stigma Salsa Bar. Participate in stigma reduction activities and enjoy fresh salsa hosted by MHSA and the HHS Cultural Competency Committee. West Entrance – Bauer Building
- **05/04, 12:00 PM – 02:00 PM:** Yolo County Maternal Mental Health Collaborative Meeting “Breastfeeding and Maternal Mental Health” Thomson Conference Room – Bauer Building
- **05/05, 8:00 AM Registration/10:00 AM Walk:** NAMIWalks 2018, William Land Park, Sacramento, Register at: <https://www.namiwalks.org/index.cfm?fuseaction=donorDrive.event&eventID=742>
- **05/08, Board of Supervisors Presentation:** Stepping Up National Day of Action, Board of Supervisors Chambers (625 Court Street). Visit, <http://www.yolocounty.org/general-government/board-of-supervisors/board-meetings/board-of-supervisors-meeting-agendas-minutes> for this meeting agenda.
- **05/10, SAMHSA Children’s Mental Health Awareness Day.** Learn more at: <https://www.samhsa.gov/children/awareness-day/2018>
- **05/10, 3:00 PM- 5:00 PM:** Children’s Mental Health Awareness Day, Children’s Lobby – Bauer Building.
- **05/11, 11:00 AM – 1:00 PM:** Yolo County Cultural Competence Committee Welcoming and Mental Health Awareness Event. Stop by for refreshments, information, and video presentations. Walker/Thomson Rooms – Bauer Building.
- **05/14 – 05/18, Consumer Perception Survey Collection,** Yolo County Mental Health Clinics & Wellness Centers.
- **05/16, Stepping Up National Day of Action,** Learn more at: www.stepuptogether.org
- **05/23, 9:30 AM – 12:00 PM:** Mental Health Matters Day: California Strong Mental Health America of California, East Steps - State Capitol. <http://www.mentalhealthmattersday.org/>
- **05/23 – 05/25, Digital Stories Workshop for Transition Age Youth.** Participants will be selected through application and screening process. Space is limited! Contact Laura Christensen at (530) 681-5292.
- **05/24, 12:00 PM – 1:00 PM:** Comprehensive Perinatal Services Program Spring 2018 Roundtable Presents: Maternal Mental Health, Community Room – Gonzales Building. Questions? Contact: Monica Koenig (530) 666-8522 or Monica.Koenig@yolocounty.org
- **05/30, 11:00 AM – 4:00 PM:** 7th Annual MHSA Consumer Art Show and Voting, Livingstone and Williams Rooms - Bauer Building.
- **06/01, 11:00 AM:** Annual MHSA Consumer Art Show Awards Presentation, Woodland Wellness Center – Bauer Building.

TRAININGS

To Register, Email: MHSA-MHTrainings@yolocounty.org

- **05/09 and 05/10, 1:00 PM – 5:00 PM:** Mental Health First Aid (Youth) *must attend both days, Community Room - Gonzales Building.
- **05/22 and 05/23, 1:00 PM – 5:00 PM:** Mental Health First Aid (Adult) *must attend both days, Walker Conference Room - Bauer Building.
- **06/12 and 06/13, 8:30 AM – 12:30 PM:** Mental Health First Aid (Adult) *must attend both days!, Community Room – Gonzales Bldg.