

## May is Mental Health Awareness Month



*From left to right: Mark Ridley Thomas, Larry Gasco, Lawrence Lu, Bruce Saltzer, Brittney Weissman, Robin Kay, Hilda Solis, Betty Dandino (front), John Griffith, Sheila Kuehl, Don Knabe, Michael Antonovich*

**On Tuesday, May 17, 2016, LA County Board Supervisor, Hilda Solis, District 1, declared May Mental Health Awareness Month in Los Angeles County.**

May is Mental Health Awareness Month, and is intended to raise awareness about mental health and related issues. Although attitudes appear to be changing around the stigma and discrimination associated with mental illness, negative attitudes have existed since the late 1940's, when the first National Mental Health Awareness Week was launched. In the 1960's, the campaign was extended to an entire month in May. During this month, we are encouraged to take responsibility for preventing mental illness by making positive lifestyle choices in thought and action before problems manifest.



This year, LACDMH is promoting some exciting events and tools to support hope, wellness and recovery with clients, families and communities in Los Angeles County.

- **Friday, May 20, 11 a.m. – 2 p.m.** *Directing Change* Student Film Awards Ceremony. View inspirational short films produced by youth across California to change the conversation about suicide prevention and mental health at schools and in communities statewide at this award ceremony. Winners will be announced and recognized at the Alex Theater, Glendale.
- **Saturday, May 21, 10 a.m. – 12 p.m.** Robin Kay, Ph.D., Acting Director, LA County Department of Mental Health, Congresswoman Grace Napolitano, Kaiser Permanente Baldwin Park and Sunburst Youth Academy Foundation are sponsoring a special event to raise awareness about mental health. The event will feature special guests, performances, informational booths, and free mental health resources. El Monte Airport, 4233 Santa Anita Ave., El Monte, CA, 91731.
- **Tuesday, May 24, 10:00 a.m. – 2:00 p.m.**, “Each Mind Matters-Mental Health Awareness & Stigma Reduction.” Downtown Mental Health Center Prevention and Early Intervention program will host a mental health screening and educational event on the campus of Los Angeles Trade Technical College.
- **Wednesday, May 25, 9:00am – 12:00pm**, “Life with a Mental Illness. “Food, fun, entertainment, guest speakers and stories of recovery by our consumers. Long Beach Adult Mental Health Center.  
**10:30 a.m. – 1:30 p.m.**, “Be YOU-Nique: A Vision of Me,” Long Beach Asian Pacific Islander Family Mental Health.  
**11:00 a.m. – 2:30 p.m.**, Resource Fair, Coastal Asian Pacific Islander Family Mental Health Center.  
**11:00 a.m. – 3:00 p.m.**, “Resource Fair,” Rio Hondo Mental Health Center.  
**1:00 p.m. – 3:30 p.m.**, Information provided about Santa Clarita Valley Mental Health Center; staff members sharing information about the groups they facilitate; community representation discussing services and resources; client awards/acknowledgement; success stories of clients; entertainment.

**3:00 p.m. – 6:00 p.m.**, “Healthy Living:” Information Booths, Huntington Park Mayor Graciela Ortiz, medical physician, dentist, nutritionist, yoga, Promotoras, Karate, Zumba, Hula Hoops, jump rope competition. Sponsored by San Antonio Family Center.

- **Thursday, May 26, 9 a.m. – 12 p.m.**, “Community Health, Art, & Resource Fair,” at San Pedro Mental Health Center.

**9:30 a.m. – 1:30 p.m.**, “Multicultural Education & Recovery,” at San Fernando Mental Health Center.

**11:30 a.m. – 1:00 p.m.**, “A Step in the Right Direction to Hope, Wellness and Recovery.”

Sponsored by Women’s Community Reintegration Services & Education Center.

**12:00 p.m. – 4:00 p.m.**, “Client & Community Collaboration on Mental Health Awareness.” Sponsored by Antelope Valley Mental Health & AV Wellness & Enrichment Center.

**2:00 p.m. – 4:00 p.m.**, “Music to Soothe the Soul.” Join us for an afternoon of harmonious melodies as musicians from the La Phil Harmonic perform at Downtown Mental Health Center. A live musical event aimed at deeply underserved community members experiencing homelessness and incarceration.



Los Angeles County residents can get involved by wearing lime green, the color of mental health awareness, throughout the month. Lime green ribbons and bracelets will be distributed to spread interest and increase discussion about mental health issues.

Individuals can also pledge their support at [EachMindMatters.org](http://EachMindMatters.org). Follow Each Mind Matters on [Facebook](#) and [Twitter](#) for the latest updates about Mental Health Matters Month and California’s Mental Health Movement.