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PRESS RELEASE

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LACDMH LAUNCHES MONTHLY TV SHOW, *MEETING OF THE MINDS*

Focused on mental health topics, the show interviews individuals with lived experience.

Los Angeles, CA – May is designated as Mental Health Awareness Month. In support of this designation, the Los Angeles County Department of Mental Health (LACDMH) Public Information Office (PIO) will once again be airing its monthly TV show, *Meeting of the Minds*, on the [LACDMH website](#) as well as on the LACDMH [Facebook](#) and [YouTube](#) pages. The monthly 10-minute show will also be broadcast on the LA County Channel.

Funded by the voter-passed Mental Health Services Act (MHSA), the show informs residents about the latest news and developments related to mental health and LACDMH. The show features three segments: *Mental Health Minute*, *Message from the Director* and *Walk the Talk*.

The *Mental Health Minute* is a news segment that features mental health-related information and stories. During the *Message from the Director* segment, LACDMH Director Marvin Southard, D.S.W., will share a brief, topical message, specifically for Los Angeles County residents. The final segment, *Walk the Talk*, is a one-on-one discussion with a person who has lived experience and has successfully overcome barriers related to being diagnosed with mental illness, including bipolar disorder, schizophrenia, depression, post-traumatic stress disorder (PTSD) and anxiety.

“*Meeting of the Minds* is an important part of LA County’s effort to inform the public that mental illness is not something to be afraid or ashamed of, but rather a challenge that affects many families,” stated Dr. Southard. “It is a challenge that, when overcome, can make us stronger.”

As part of LACDMH’s anti-stigma and social inclusion campaign, *Meeting of the Minds* reinforces the Department’s mission of *Hope, Wellness and Recovery*. Archived shows of *Meeting of the Minds* will be available on the [LACDMH website](#) as well as on the LACDMH [Facebook](#) and [YouTube](#) pages.

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The Los Angeles County Department of Mental Health is the largest county-operated mental health department in the United States, directly operating 75 program sites and more than 100 co-located sites. Each year, it contracts with approximately 1,000 agencies and individual practitioners to provide a spectrum of mental health services to more than 250,000 residents of all ages. The Department’s mission – enriching lives through partnership to strengthen our community’s capacity to support recovery and resiliency – is accomplished by working with stakeholders and community partners to provide clinically competent, culturally sensitive and linguistically appropriate mental health services to clients in the least restrictive manner possible.

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