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PRESS RELEASE

SUPPORT MENTAL HEALTH AWARENESS MONTH IN LA COUNTY ***LA County Events Promote Wellness and Equality***

May is nationally recognized as Mental Health Awareness Month, a time for people across the nation to come together to spread awareness about the importance of mental health and to speak out against the stigma associated with having a mental illness. Events planned in Los Angeles County and throughout California will offer mental health information and resources and provide ways for everyone to join *Each Mind Matters: California's Mental Health Movement*, a community of individuals and organizations dedicated to a shared vision of mental wellness and equality.

“Studies show that at least twenty percent of those in our community are personally affected by mental health challenges,” said LACDMH Acting Director Robin Kay, Ph.D. “Mental Health Awareness Month is an opportunity for everyone to help by speaking out against the stigma associated with mental illness that prevents those struggling with mental health challenges from seeking and receiving the help they need. Early support and help for mental health challenges can reduce suffering and save lives.”

The following events are scheduled in L.A. County during May:

- **Tuesday, May 17, 9:30 a.m.** – Supervisor Hilda Solis, District One, will declare May as Mental Health Month at the LA County Board of Supervisors’ Meeting, Kenneth Hahn Hall of Administration.
7 p.m. - A proclamation in recognition of Mental Health Awareness Month will be made by the West Covina City Council at West Covina City Hall during the council meeting.
- **Wednesday, May 18, 11:00 a.m.-3:00 p.m.**, “Cultural Wellness, Health, & Recovery,” will be presented by the American Indian Counseling Center.
11:00 a.m.–2:00 p.m., “Arts & Crafts Fair.” Client creative ventures and picnic; food, games, socializing, sponsored by Edmund D. Edelman Wellness Center.
11:30 a.m.-3 p.m., “Paths to Health and Wholeness.” Activities focused on recovery, achieving body-mind-spirit health and re-integration into the community will be held at Hollywood Mental Health Center.

1:00 p.m.–3:00 p.m., “Promoting Wellness, Physical Activity, and Improving Social Support,” sponsored by Rio Hondo Centro de Bienestar, Gage Bowl.

- **Thursday, May 19, 10:00 a.m.-2:00 p.m.**, “Fashion Loud, Stigma Free & Proud,” Runway to Freedom Fashion Show, Pieces of Me, A Creative Charm Workshop, South Bay Mental Health Center.

11:30 a.m.-2:30 p.m., “Growing Together: Recovery Through Self-Discovery,” at West Valley Mental Health Center.

3:30 p.m.–5:30 p.m., TIES For Families, “Healthy Living and Community Building,” Jog, Hula Hoop, Dance, Exercise Games, Crafts, Prizes, Food Truck, Wilson Park.

- **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. Follow Each Mind Matters on [Facebook](https://www.facebook.com/EachMindMatters) and [Twitter](https://twitter.com/EachMindMatters) for the latest updates about Mental Health Matters Month and California’s Mental Health Movement.

The Los Angeles County Department of Mental Health is the largest county-operated mental health department in the United States, directly operating programs in more than 85 sites, and providing services via contract program and DMH staff at approximately 300 sites co-located with other County departments, schools, courts and other organizations. Each year, the County contracts with more than 1,000 organizations and individual practitioners to provide a variety of mental health-related services. On average, more than 260,000 County residents of all ages are served every year. 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 setting.

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