



LOS ANGELES COUNTY
**DEPARTMENT OF
MENTAL HEALTH**
hope. recovery. wellbeing.

FOR IMMEDIATE RELEASE

May 1, 2023

Contact: Shayna Moreno | 702.807.4049
Shayna.Moreno@braintrustagency.com OR
Chung So, Public Information Officer, LACDMH
PIO@DMH.lacounty.gov

**Los Angeles County Department of Mental Health (LACDMH) Celebrates May
Mental Health Awareness Month with Launch of *Take Action for Mental Health*
L.A. County Campaign and More Than 400 Community Events in May and June**

*LACDMH awarded over \$8.9 million in grants to 110 community organizations
to promote well-being, resilience, and community connection*

LOS ANGELES - In honor of Mental Health Awareness Month, the Los Angeles County Department of Mental Health launched its *Take Action for Mental Health L.A. County* campaign this week. *Take Action for Mental Health L.A. County* focuses on helping County residents support their own mental health and the mental health of people they care about. The campaign's call to action encourages people to take action for themselves and others through the LACDMH 24/7 Help Line and the myriad of resources available from LACDMH along each person's unique well-being journey. The campaign aims to prevent and reduce risk factors by decreasing stigma surrounding mental illness and providing people the tools and connections to seek help for themselves or a loved one. To learn more about the campaign, visit <https://takeactionlac.com>.

As part of the campaign, grant-funded community events will take place throughout May and June 2023 and include free community fairs, art festivals, after school programs, yoga and 5K run/walk activities, professional conferences, mental health trainings, outreach campaigns, and much more. A complete list of grantees and funded events/activities is [accessible here](#).

Additionally, LACDMH will host free community fairs in each of the eight L.A. County service planning areas. Each event will provide free resources, connections, physical and mental well-being themed giveaway items, free meals in warm, celebratory atmospheres that will foster community and togetherness. All events will focus on decreasing stigma and discrimination, increasing help-seeking behaviors, awareness of and access to mental health services and resources.

For a complete list of all May and June *Take Action for Mental Health L.A. County* events, visit takeactionlac.com/community-events.

"LACDMH recognizes the importance of listening to our stakeholders and partnering with our diverse communities to meet L.A. County residents where they are. The breadth of *Take Action for Mental Health L.A. County* campaign events exemplifies the collaboration and the village it takes to form an interconnected community support system that promotes empathy, self-care and care for others," said Los Angeles County Director Dr. Lisa H. Wong. "Our hope is that the *Take Action for Mental Health L.A. County* campaign will create healthy dialogue, reduce stigma surrounding mental illness and encourage use of LACDMH resources."

###

About The Los Angeles County Department of Mental Health (LACDMH)

As the nation's largest public mental health department, we ensure access to care and treatment for our most vulnerable residents in a region with more than 10 million people. With an annual budget approaching \$3B and a committed staff of 6,000, LACDMH embodies a "heart-forward" approach to supporting hope, recovery and well-being across the County. For more information, visit dmh.lacounty.gov or follow @LACDMH on [Facebook](#), [Twitter](#), [Instagram](#) and [YouTube](#).