



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

FOR IMMEDIATE RELEASE

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**LACDMH OFFICIALLY KICKS-OFF 2024 TAKE ACTION CAMPAIGN,
AHEAD OF MAY IS MENTAL HEALTH AWARENESS MONTH**

Take Action for Mental Health L.A. County campaign includes nearly 190 Countywide events hosted by grantees who will promote wellbeing, resilience, and connection.

LOS ANGELES — Today, the Los Angeles County Department of Mental Health (LACDMH) kicked-off its *Take Action for Mental Health L.A. County* campaign and previewed its upcoming May Is Mental Health Awareness Month events at the St. Anne's Conference and Event Center near downtown Los Angeles.

Through the [California Mental Health Services Authority](#) (CalMHSA), nearly 70 local, community-based organizations were granted funding to host 186 events throughout May which will encourage people to take action on their mental health for themselves and others. To complement the community-based events, LACDMH will also host large-scale community fairs in each of its eight service areas with this year's closing *Take Action* event on Saturday, June 1, at the Santa Monica Pier. To learn more about the campaign, visit [TakeActionLA.com](#).

“One of the Los Angeles County Department of Mental Health’s strengths is our ability to partner with communities, and we are proud to work together to break down barriers to mental health and wellbeing throughout this important month,” said LACDMH Director Dr. Lisa H. Wong. “May Is Mental Health Awareness Month is about creating opportunities for Los Angeles County residents to increase knowledge, build capacity, foster empathy and care, and create a community of hope. In L.A. County, no one is alone and everyone plays a role in the journey towards mental health and wellbeing.”

This year's *Take Action* community events include free yoga and meditation, art and music, block parties, a 5K run/walk, the Healing Bus, and more. All events will focus on decreasing stigma and discrimination, increasing help-seeking behaviors, and awareness of and access to mental health services and resources. For a complete list of all *Take Action* events, visit [TakeActionLA.com/events](#).

In addition to this year's *Take Action* events, LACDMH encourages County residents to

utilize the resources available through the department and its partners, including the 24/7 Help Line at (800) 854-7771, 988 Suicide & Crisis Lifeline, iPrevail digital wellness platform, our walk-in clinics and peer resource centers, and our partnerships with L.A. agencies and organizations. To learn more about these resources, visit dmh.lacounty.gov.

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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 of \$3.8B and over 7,000 budgeted positions, LACDMH is dedicated to hope, recovery, and well-being for everyone across the County. For more information, visit dmh.lacounty.gov or follow @LACDMH on [Facebook](#), [Twitter \(X\)](#), [Instagram](#) and [YouTube](#).