

Upcoming NEMH Events

**Mental Health  
Awareness Month**  
May 1-31

**LGBTQIA-2S+ Pride  
Month**  
June 1-30

**Juneteenth  
Celebration and  
Resource Fair**  
June 14th, 12-4pm  
Roy Campanella Park

Upcoming Clinic Closures

**Memorial Day**  
Monday, May 26

**Juneteenth**  
Thursday, June 19

**Independence Day**  
Friday, July 4

Women's History & Mental Health Heroes

*"Fall in love with yourself, with life, and then with whoever you want."*

Frida Kahlo

Frida Kahlo was a groundbreaking Mexican painter born in 1907 in Coyoacán, Mexico. She is best known for her vivid, symbolic self-portraits that explored identity, pain, and womanhood. Frida was born with what is now known as spina bifida; a congenital birth defect where the spinal cord doesn't close completely during fetal development. Additionally, at the age of six, she contracted polio, which left her with a weakened, shorter leg, a limp and pain. As a result, she started school late and, meanwhile, was broadly educated in various subjects and encouraged by her father.

While at a renowned prep school, Frida often snuck into the boys' classrooms, believing their education to be superior and more extensive. She was only one of a few girls attending and had an interest in science because she wanted to be a doctor.



*"I used to think I was the strangest person in the world but then I thought... there must be someone just like me who feels bizarre and flawed ... if you are out there know that, yes, it's true, I'm here - and I'm just as strange as you".*

At 18, however, she suffered a devastating bus accident that caused multiple fractures to her spine and pelvis, requiring over 30 surgeries throughout her life.

During her long recoveries where she was often bedridden, she began to paint, channeling her physical and emotional suffering into her art. Her work drew heavily on Mexican folk traditions, surrealism, and autobiographical themes.

Frida's accomplishments extend beyond her art. She became a prominent figure in post-revolutionary Mexico, celebrated for her unapologetic exploration and challenges of gender, class, and race in Mexican society. She was the first Mexican artist to have a painting acquired by the Louvre, and she influenced generations of feminists and queer artists.



*"There is nothing more precious than laughter—it is strength to laugh and lose oneself, to be light."*



***Al final del día podemos  
soportar más de lo que  
creemos.  
Frida Kahlo***

*"At the end of the day, we can endure much more than we think we can."*

Frida's marriage to Mexican muralist Diego Rivera was tumultuous, distressing, and deeply influential to her work. Though often overshadowed by Diego during her lifetime, Frida has since become a cultural icon in her own right.

Frida faced significant psychological and emotional challenges. She endured chronic pain, post traumatic stress disorder, and recurrent depression, often linked to her physical condition and turbulent personal life. Her diaries and paintings reveal a profound inner struggle and moments of suicidal ideation. Not one to be tied to convention, Frida openly had relationships with both men and women, including notable figures like Chavela Vargas, Georgia O'Keeffe, and Leon Trotsky. She also defied gender norms, often dressing in men's clothing, leaving on facial hair, and challenging conventional ideas of femininity.

Today, Frida is remembered not only for her art, but also for her fearless embrace of her complex identity and defiance of societal expectations. -RR ♦





Sylvia struggled with severe depression for much of her life. She experienced her first major breakdown in college and underwent electroconvulsive therapy, which she later depicted in *The Bell Jar*. Diagnosed with clinical depression, Sylvia faced ongoing emotional distress, made worse by her troubled marriage in which she had to endure domestic violence, infidelity, and abandonment, coupled with the pressures of newly single motherhood. In the winter of 1963, after a period of intense creative output and previous attempts, she died by suicide at the age of 30. Her legacy endures through her vivid, raw poetry and her influence on feminist and mental health discourse. -RR ♦

*"The hardest thing is to live richly in the present without letting it be tainted out of fear for the future or regret for the past."*

## Sylvia Plath

Sylvia Plath was an American poet, novelist, and short story writer best known for her confessional style and deeply emotional themes. She was born in 1932 in Boston, Massachusetts and showed literary talent from a young age, when her first poem was published at age eight. Sylvia attended Smith College on a scholarship and later studied at Cambridge University in England, where she met and married fellow poet Ted Hughes. Her most famous works include the novel *The Bell Jar* and poetry collections such as *Ariel*. Sylvia's writing often explored themes of identity, depression, and death. She earned posthumous acclaim and a Pulitzer Prize in 1982.

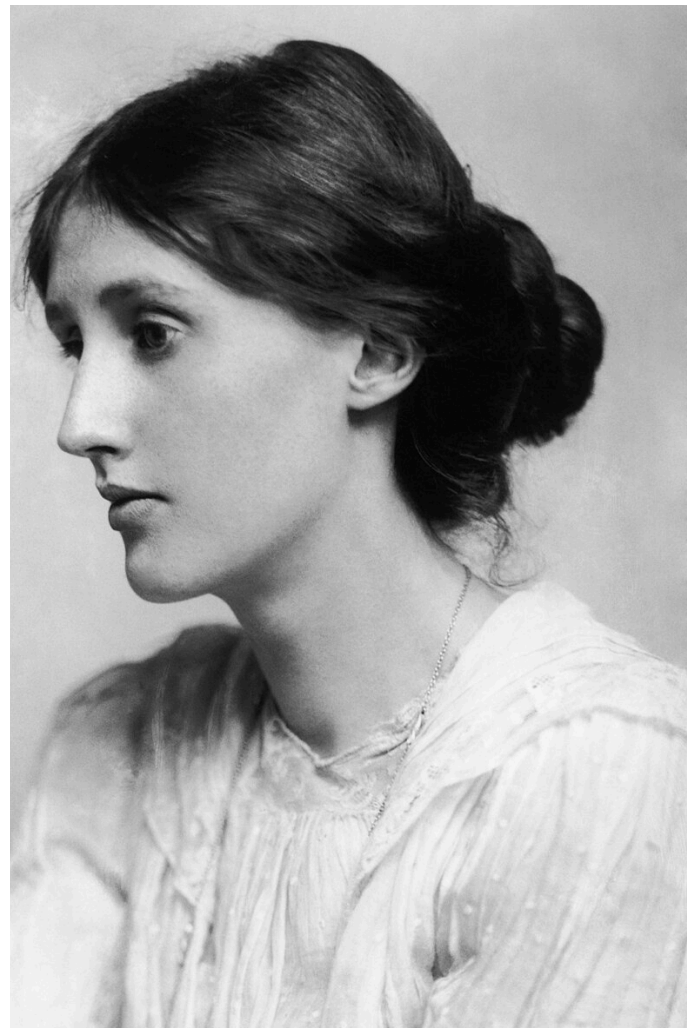


*"I felt my lungs inflate with the onrush of scenery - air, mountains, trees, people. I thought, 'This is what it is to be happy'"*

## Virginia Woolf

Virginia Woolf (1882-1941) was a groundbreaking British writer and a central figure in the modernist literary movement of the early 20th century. She was born into an intellectually prominent family in London, where she was home-schooled. She became very involved in the Bloomsbury Group; a circle of writers, artists, and intellectuals. Virginia married Leonard Woolf, with whom she had an open relationship. She also had passionate and romantic affairs with women, particularly with Vita Sackville-West, which she described as "Sapphist" —a euphemism referring to the ancient Greek poet Sappho, who wrote sensual verses about women.

Virginia struggled with significant mental health issues throughout her life. She experienced severe periods of depression and mania; what is now thought to be bipolar disorder. Her condition was worsened by the early deaths of her parents and the sexual abuse she suffered from her half-brothers.



*"No need to hurry.  
No need to spartle  
No need to be anybody  
but oneself."*



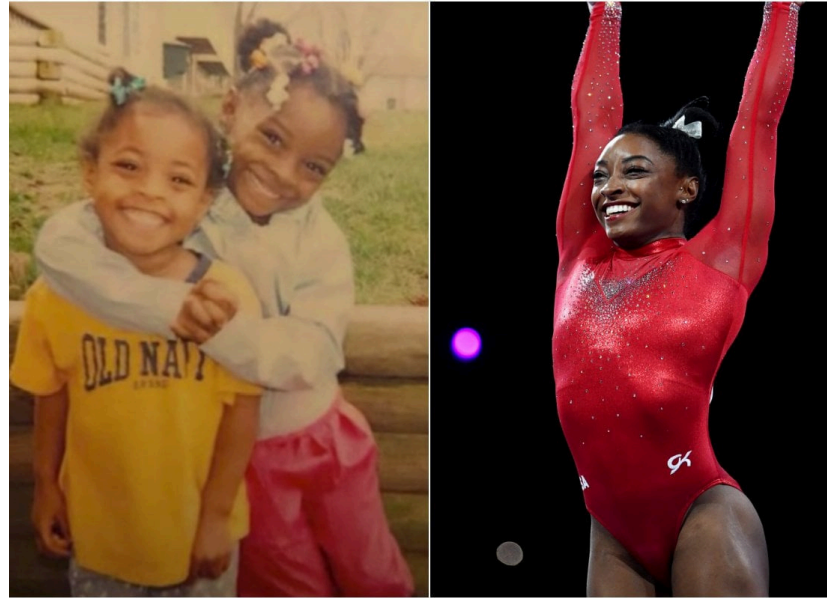
Her mental health was further strained by the pressures of her work and the trauma of two world wars. Virginia was also plagued by psychosomatic illnesses, suicidal ideation and attempts, as well as episodes of psychosis with auditory hallucinations since her teens. At the age of 59, fearing another breakdown and believing she could not recover, she died by suicide.

*"For most of history, Anonymous was a woman."*



## Simone Biles

Virginia is best known for her novels *Mrs Dalloway*, *To the Lighthouse*, and *Orlando*, as well as her pioneering essay *A Room of One's Own*, which explored the challenges faced by women enduring misogyny and judgment, as well as the inner workings of the mind. Virginia's experimental narrative techniques, such as stream of consciousness and shifting perspectives, helped redefine the form of the novel and influenced countless writers after her. Her legacy endures not only for her literary innovation but also for her candid exploration of the inner lives of women and the human psyche.-RR ♦



*"I've learned that it's okay to take breaks, to step back, and to prioritize my mental health. It's not a weakness, it's a strength."*



*"Lock up your libraries if you like; but there is no gate, no lock, no bolt, that you can set upon the freedom of my mind."*

Simone Biles was born on March 14, 1997, in Columbus, Ohio and is considered one of the greatest gymnasts of all time, often referred to by the acronym—GOAT. Simone faced hardships at a very young age; her biological mother battled drug addiction and her children were put in the foster care system. Simone's maternal grandfather and his wife then adopted her after three years, along with her younger sister. After an energetic six year-old Simone showed lots of strength and natural talent cavorting around during a field trip to a gym, a coach suggested she should take up gymnastics. She quickly rose through the ranks.

Once as an elite gymnast, Simone pushed the boundaries of available skills and scoring, thus changing the sport and its code. Known for her eponymous skills, such as the "Biles" on floor (I, II), beam, and vault (I, II), she has redefined what is possible in women's gymnastics. Previously a very exclusive sport, Simone has helped open the doors for a greater variety of athletes with different body types, personalities, and ethnic and economic backgrounds to flourish. Her elite career was defined by her extraordinary power, precision, and innovation.



*"I'd rather regret the risks that didn't work out than the chances I didn't take at all."*

Simone has won a combined total of 41 Olympic and World Championship medals, making her the most decorated gymnast in history. Her performances at the 2016 Rio Olympics, where she won an outstanding four gold medals and one bronze, catapulted her to global fame. Though despite her achievements, Simone has faced significant personal and medical challenges. As an adult, she publicly revealed that she had been a victim of sexual abuse by the former USA Gymnastics head doctor when she was a minor, and verbal, physical and mental abuse by the USA Gymnastics head coaches.

Simone became a vocal advocate for athlete safety and accountability. During the 2020 Tokyo Olympics, she withdrew from several events, citing "the twisties"—a dangerous mental block affecting spatial awareness—bringing global attention to mental health in elite sports. She has also spoken openly about living with ADHD; using her platform to destigmatize mental and neurological conditions. Her comeback and journey with therapy and meditation at the 2024 Paris Olympics was documented in a streaming series, giving viewers and fans a look into the multidimensional struggle and reality behind elite gymnastics. Simone's courage in facing adversity has made her a symbol of resilience and inspiration both in and out of the gym. -

RR◆

## Marsha P. Johnson & Sylvia Rivera

Marsha P. Johnson and Sylvia Rivera were more than activists—they were symbols of resilience, courage, and healing in the face of deep systemic oppression. As transgender women of color living in 1960s and 70s New York City, both faced homelessness, violence, and discrimination—not only from broader society but often from within the LGBTQ+ movement itself. Yet, their experiences of marginalization only strengthened their resolve to advocate for those most overlooked.



*"You never completely have your rights, one person, until you all have your rights."- MPJ*

Marsha, a self-identified drag queen and street activist, was known for her joyful spirit and open heart, despite enduring repeated trauma. Her resilience shone through in her advocacy, particularly during the Stonewall Uprising of 1969—a pivotal moment in LGBTQ+ history. Sylvia, a fierce advocate for trans and homeless youth, co-founded with Marsha the Street Transvestite Action Revolutionaries (STAR), providing housing and support to queer youth long before such services were common.



Both women knew that survival was an act of resistance. In a time when mental health for LGBTQ+ people was rarely acknowledged, Marsha and Sylvia modeled the power of community, mutual aid, and radical acceptance. Their lives remind us that mental wellness isn't just personal—it's political. They fought not only for rights, but for dignity, safety, and the space to heal.



*"We have to do it because we can no longer stay invisible. We have to be visible. We should not be ashamed of who we are. We have to show the world that we are numerous. There are many of us out there."-SR*

Today, as mental health consumers, we can look to Marsha and Sylvia's legacies as a reminder that even in environments that deny us care, we can build our own systems of support, advocacy, and love. Their courage continues to inspire generations to persist, resist, and care for one another. -KW ♦



*"History isn't something you look back at and say it was inevitable, it happens because people make decisions that are sometimes very impulsive and of the moment, but those moments are cumulative realities."-MPJ*

## Mamie Phipps Clark



*"This is probably one of the most dangerous things facing mankind today: A use and training of intelligence excluding moral sensitivity"*

Mamie Phipps Clark was a trailblazing psychologist whose work reshaped the understanding of race, identity, and mental health in America. As the first Black woman to earn a Ph.D. in psychology from Columbia University, Clark broke barriers not just in science, but in how the psychological needs of Black children and families were recognized and addressed.

Her most well-known research—the “doll tests” conducted with her husband, Kenneth Clark—revealed the harmful effects of segregation on the self-esteem and identity of Black children. This work became a cornerstone of the landmark *Brown v. Board of Education* Supreme Court decision, helping dismantle legal segregation in U.S. schools.

Mamie's impact went far beyond academia. In 1946, she founded the Northside Center for Child Development in Harlem, offering psychological services to Black children and families long before mental health care was accessible or equitable. Through this work, she brought visibility to the mental health needs of marginalized communities and emphasized the importance of culturally sensitive care.



*"A racist system inevitably destroys and damages human beings; it brutalizes and dehumanizes them"*

As both a scientist and a community advocate, Mamie Phipps Clark laid the groundwork for future generations of women and people of color in psychology. Her legacy reminds us that mental health care must be inclusive, affirming, and rooted in justice. -KW ♦

## Elyn R. Saks



*"The humanity we all share is more important than the mental illness we may not."*

Elyn R. Saks is a distinguished professor at the USC Gould School of Law, holding the title of Orrin B. Evans Professor of Law, Psychology, and Psychiatry and the Behavioral Sciences. Beyond her academic achievements, she is a beacon of resilience, living with chronic schizophrenia and advocating passionately for mental health awareness.

Diagnosed during her time at Oxford University, Saks faced significant challenges, including hospitalizations and forced treatments. Yet, she pursued her education relentlessly, earning degrees from Vanderbilt, Oxford, and Yale Law School. Her memoir, *The Center Cannot Hold: My Journey Through Madness*, offers an intimate look into her experiences, aiming to dismantle the stigma surrounding mental illness.

*"Portray [people with mental illness] sympathetically, and portray them in all the richness and depth of their experience as people, and not as diagnoses."*

In 2009, Saks was honored with the MacArthur Foundation Fellowship, commonly known as the "Genius Grant." She utilized this award to establish the Saks Institute for Mental Health Law, Policy, and Ethics at USC, fostering interdisciplinary research on mental health issues.

Saks emphasizes that with appropriate support—be it therapy, medication, or community—individuals with mental illnesses can lead fulfilling lives. Her journey underscores the importance of compassion, understanding, and the belief that a diagnosis does not define one's destiny. -KW ♦

*"If you are a person with mental illness, the challenge is to find the life that's right for you ... My good fortune is not that I've recovered from mental illness. I have not, nor will I ever. My good fortune lies in having found my life."*



There is hope. Talk with us.



Share your thoughts.



Be the lifeline.



### MENTAL HEALTH CRISIS RESOURCES:

If you or someone you know is struggling, you're not alone — support is available:

- **Los Angeles County:**
- Call the Los Angeles County Department of Mental Health 24/7 Help Line at 1-800-854-7771.
- You can also dial 988 and press 1 for L.A. County-specific services.
- **National:**
- Call or text the 988 Suicide & Crisis Lifeline at 988, or chat at [988lifeline.org](https://988lifeline.org).
- **Text Support:**
- Text HELLO to 741741 to reach the Crisis Text Line — free, 24/7 support from trained counselors.

Si usted o alguien que conoce está pasando por una crisis, no está solo — hay ayuda disponible:

- **Condado de Los Ángeles:**
- Llame a la Línea de Ayuda del Departamento de Salud Mental del Condado de Los Ángeles, disponible las 24 horas, al 1-800-854-7771.
- También puede marcar 988 y presionar 1 para acceder a servicios específicos del Condado de L.A.
- **A nivel nacional:**
- Llame o envíe un mensaje de texto al 988, la Línea de Prevención del Suicidio y Crisis, o visite [988lifeline.org](https://988lifeline.org).
- **Apoyo por texto:**
- Envíe un mensaje con la palabra HOLA al 741741 para comunicarse con la Línea de Texto en Crisis — apoyo gratuito y confidencial las 24 horas, los 7 días de la semana.

### IMPORTANT PHONE NUMBERS

**Jail Support LA:** (424) 610-3020

**LA Rapid Response:** (888) 624-4752

**Immigrant Defenders Hotline:** (213) 833-8283

**ACL of Southern California:** (213) 977-5253

### NÚMEROS DE TELÉFONO IMPORTANTES

**Apoyo en la Cárcel LA:** (424) 610-3020

**L.A. Respuesta Rápida:** (888) 624-4752

**Línea directa de defensores de Inmigrantes** (213) 833-8283

**ACLU del sur de California:**

(213) 977-5253

### PRO BONO OR LOW COST IMMIGRATION LEGAL SERVICES

#### **USC GOULD SCHOOL OF LAW- IMMIGRATION CLINIC**

699 Exposition Blvd.

Los Angeles, CA 90089, (213) 821- 5987

#### **LEGAL AID FOUNDATION OF LOS ANGELES**

700 S. Broadway,

Los Angeles, CA 90003, (213) 640-3950

#### **KIDS IN NEED OF DEFENSE**

801 S Grand Ave. Suite 550,

Los Angeles, CA 90017, (213) 274-0170

#### **EL RESCATE**

1605 W. Olympic Blvd., Suite 516

Los Angeles, CA 90015, (213) 387-3284

#### **CATHOLIC CHARITIES OF LOS ANGELES- ESPERANZA IMMIGRANT RIGHTS PROJECT**

1530 James Wood Blvd.,

Los Angeles, CA 90015, (213) 251-3505

#### **IMMIGRATION CENTER FOR WOMEN AND CHILDREN**

634 S. Spring St. Suite 727

Los Angeles, CA 90014, (213) 614-1165

#### **LEGAL AID FOUNDATION OF LOS ANGELES (RON OLSON JUSTICE CENTER)**

1550 W. 8th St.

Los Angeles, CA 90017, (323) 801-7989

#### **CENTRAL AMERICAN RESOURCE CENTER (CARECEN)**

2845 W 7<sup>th</sup> St

Los Angeles, CA 90005 , (213) 385-7800 Ext 136



# MENTAL HEALTH AWARENESS MONTH



## NAMI Walks 2025

### WALKING TOGETHER FOR MENTAL HEALTH

YOU ARE  
**NOT**  
ALONE

It's essential to prioritize our mental health and stay connected with friends, family and peers. No one should feel alone in their mental health journey or without the resources and support they need.

In true Northeast Mental Health Center spirit, our clients proudly took part in this year's NAMI Walk! For those who haven't heard of it, NAMI stands for the National Alliance on Mental Illness ([nami.org](https://www.nami.org)). It's a great organization that helps people living with mental illness and their families through education, support, and advocacy. Every year, NAMI hosts a walk to raise awareness about mental health and collect donations to support their work.

This year, our Northeast community — staff, volunteers, and clients — came together to help. For months leading up to the event, they worked hard to raise money by selling snacks, raffling off gift baskets, and designing and selling t-shirts. Altogether, they raised \$1,000!

On May 10, Community Health Worker Rosalva Ramirez helped organize our group at Los Angeles State Historic Park. Even in the record-breaking heat, hundreds of people showed up! There were inspiring speakers, resource booths to learn from, and self-care workshops to enjoy. It was a special day that brought our clinic community closer and supported a great cause

-KW

## LAFC Outing

### STEPPING OUT AND CHEERING ON!



On May 3rd, I got to do something I had never done before — and I'm so glad I did! The Los Angeles Football Club (LAFC) invited DMH clients to their Mental Health Awareness Night, and a group of us from Northeast got to go.

At first, I was nervous about being in such a big crowd, and I was even more scared when I saw how high our seats were in the upper deck. But then I spotted a few familiar faces from my group, and just being around them helped me feel calmer.

The energy in the stadium was amazing! The crowd stayed loud and excited the whole game. One thing that really stood out to me was seeing Pride flags flying right next to the American flags on the field. It made the whole event feel fun, welcoming, and inclusive.

This isn't something I would normally do on my own, but I'm really proud of myself for going. I faced my fears and ended up having a great time!

-anonymous



# MENTAL HEALTH AWARENESS MONTH



## Dodgers Mental Health Night



I was surprised when I got a call from Joseph Echeveria (Community Health Worker) asking if I was interested in going with my fellow peers to the Dodgers vs Angels game on Saturday, May 17th. I enthusiastically replied, "Yes!" He explained that I would need to download the MLB app and be at the center by 4:30pm to be ready for our ride to Dodger Stadium. This was my last trip with my peers for the Mental Health Month - Take Action, an initiative of Los Angeles County. It was my third time going and it was a lot of fun. It was great to see #17 Shohei Ohtani everywhere on jerseys, but bittersweet because I'm moving out of state in June. I enjoyed the game, regardless of the score. I will miss these outings, my peers, and I will take with me the wonderful memories. -A.R.

## Group Highlight

### MINDFUL WRITING



I really enjoy being part of the Mindful Writing group. It's a great space where I feel safe and supported. Being part of this group has helped me step out of my comfort zone. I've even started socializing more — a few of us now grab lunch nearby before the group starts, which has been a lot of fun!

Claudia, our group leader, gives us writing topics each week that really make me think. We've written about things like setting boundaries and dealing with anger. It's helped me understand myself better. I look forward to coming every week — it's one of the highlights of my week! -R.L.

The graphic is a vertical poster with a light cream background. It is decorated with various illustrations: yellow and orange flowers with different centers (some solid, some dotted), green leaves, a pair of yellow rubber gloves at the top left, a yellow spray bottle at the top right, a yellow sponge on the right side, and a broom on the left side. The title 'Spring Cleaning TIPS' is centered in a large, brown, serif font. Below it, the subtitle 'For a Fresh Start' is also centered in a similar font. At the bottom, there are six horizontal brown boxes, each containing a numbered tip in white text.

# *Spring Cleaning* *TIPS*

## *For a Fresh Start*

1. **Start Small** – Begin with one drawer or shelf.  
One step at a time!
2. **Sort Gently** – Use three bins: Keep, Share, Let Go.  
No pressure.
3. **Try a Timer** – Just 10 minutes can be enough.  
Then rest.
4. **“Maybe” Box** – Unsure about something?  
Revisit it in 30 days.
5. **Make It Enjoyable** – Play music or light a candle.  
Create a cozy vibe.
6. **You're Not Alone** – Ask for support.  
A buddy makes it easier!



# NORTHEAST MHC GROUPS

## Art

### **Art Lab**

Mondays, 1-3pm

### **Seasonal Craft Workshop**

Tuesdays, 1-3pm

### **Healing Through Art**

Wednesdays, 3-4:30pm

## Music and Writing

### **Drumming**

Tuesdays and Thursdays

10:30am-12:00pm

### **Music Empathy**

Every other Thursday,

11a-12pm

### **Mindful Writing**

Thursdays, 1pm-2:30pm

## Health and Wellness

### **Healing Garden**

Last Monday of the month, 10a-12p

### **Plan de Accion y Recuperacion**

Mondays, 10:30-12pm

### **Vive Saludablemente**

Mondays 9-10:30am

## Therapeutic Processing

### **Mindfulness\***

Mondays, 10:30-11:30am

### **Women Resiliency\***

Mondays, 2:45pm-3:45pm

### **Healing Trauma for Women\***

(Spanish/Español)

Tuesdays, 9-10:30am

### **Mindful Mamas\***

Tuesdays, 1-2:30pm

### **Transitional Age Youth\***

Tuesdays, 2-3pm

### **OCD Recovery\***

Tuesdays, 3:30-4:30pm

### **ADHD Skills\***

Tuesday, 2-3:00pm

### **Wise Mind\***

Wednesdays, 1pm-2:30pm

### **Parenting\***

Fridays, 9:45a-10:45am

### **Men Supporting Men**

Every other Friday, 10-11:30am

### **Pride and Joy\***

Every Friday, 1-2:30pm

\*Closed group by referral only

## Recovery Skills

### **Recovery, Inc.**

Tuesdays, 9-10am

### **Life on Life's Terms\* (FSP only)**

Thursdays, 11am-12:30pm

### **Dual Diagnosis**

Every other Friday, 9-10:30am

### **Sense-Ability**

Every other Friday, 10:30am-12pm