

2024 May Mental Health Month



SAN MATEO COUNTY HEALTH
**BEHAVIORAL HEALTH
& RECOVERY SERVICES**



Dr. Jei Africa | He/Him/His
BHRS Director

Sylvia Tang | She/Her/Hers
Community Health Planner

Why Mental Health Month?

Did you know?

1 in 3 San Mateo County respondents reported living with a mental health issue.

Source: San Mateo County Community Stigma Baseline Survey

Another Fact

Among those who have had a mental health issue, 28% did not seek treatment.

Source: San Mateo County Community Stigma Baseline Survey

Did you know?

1 in 10 San Mateo County respondents reported living with a substance misuse issue.

Source: San Mateo County Community Stigma Baseline Survey

Another Fact

Among those who have had a substance misuse issue, 45% did not seek treatment.

Source: San Mateo County Community Stigma Baseline Survey



Lived Experience Speakers



Gina Olinger-Giani



Joanna (Jo) Padilla





Heal Through Connection

#SMCAgainstLoneliness
#MayMentalHealthMonth

Learn more at SMCHHealth.org/MHM



Sanar a Través de la Conexión

#SMCAgainstLoneliness
#MayMentalHealthMonth

Aprende más en SMCHHealth.org/MHM.



Call to Action

1. Spread the word

Examples: social media (posts, lime green flags, etc.), email, text, flyers, meeting announcements.

2. Participate in the 23-Day "Heal Through Connection" Challenge

3. Attend a local event



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SMCHealth.org/MHM



Thank You!



2024 May Mental Health Month Planning Committee



Brisbane City Hall





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