

2023 MENTAL HEALTH MONTH

SHARE

HOW YOU PRACTICE SELF-CARE

HOW YOU GET SUPPORT

YOUR JOURNEY

MUSIC

HOW YOU OVERCAME STIGMA

MENTAL HEALTH RESOURCES

HOW YOU PRACTICE MENTAL WELLNESS

#SHARE4MH 

ONE OF YOUR CULTURAL WELLNESS PRACTICES

YOUR STORY

May is Mental Health Month!

Learn about free events, getting involved & finding support at SMCHealth.org/MHM



2023 MES DE LA SALUD MENTAL

COMPARTE

CÓMO PRACTICAS LA AUTOAYUDA

CÓMO OBTIENES APOYO

TU EXPERIENCIA

MÚSICA

CÓMO VENCISTE EL ESTIGMA

RECURSOS DE SALUD MENTAL

CÓMO PRACTICAS EL BIENESTAR MENTAL

#SHARE4MH 

UNA DE TUS PRÁCTICAS CULTURALES PARA EL BIENESTAR

TU HISTORIA

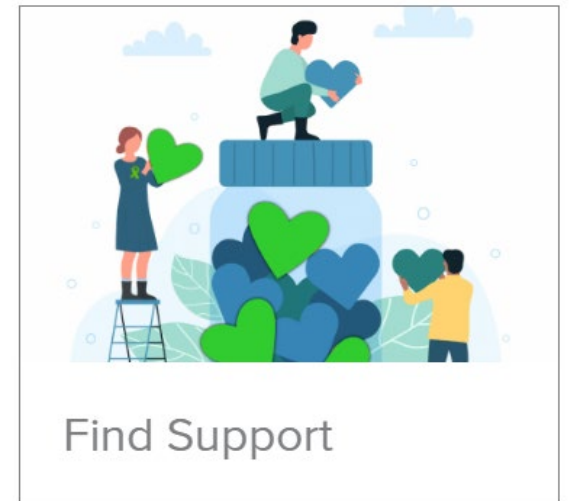
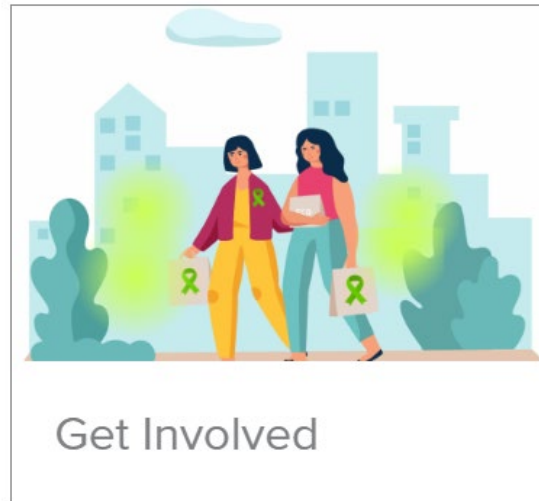
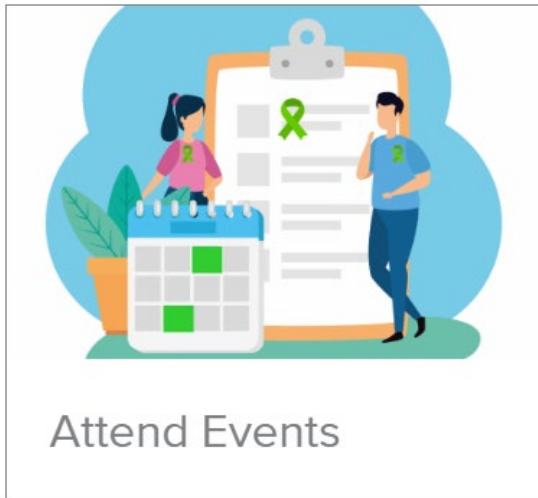
¡Mayo es el Mes de la Salud Mental!

Infórmese sobre eventos gratuitos, participe y encuentre apoyo en SMCHealth.org/MHM



2023 May Mental Health Month

#Share4MH



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

SMCHealth.org/MHM



Attend Events

#Share4MH



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

Event |
 May 15, 2023 - 12:00pm - 2:00pm

**SCAM PREVENTION FOR OLDER ADULTS & ADULTS
 W/ DISABILITIES**

In-Person

Wednesday, May 15th | 12pm-2pm

In-person Location: Doelger Senior Center (Westlake Park, 101
 Lake Merced Blvd, Daly City, CA 94015)

Details:

- 12pm-1pm: Resource Tables
- 1pm – 2pm: Presentation on Scam Prevention for Older Adults & Adults w/ Disabilities + gift card drawing

Presentation is free.



Language: English and Cantonese

Contact: Cristina Ugaitafa (she/her) | CUgaitafa@smcgov.org



Event |
 May 16, 2023 - 5:30pm - 7:00pm

**S.A.V.E. TRAINING AND VETERANS AFFAIRS
 RESOURCE EVENT**

In-Person

Tuesday, May 16th | 5:30pm- 7pm

In-person Location: Redwood City Library (1044 Middlefield Rd,
 Redwood City)

[Read more >](#)



Event |
 May 16, 2023 - 6:30pm - 7:30pm

LIBRARY READS: MENTAL HEALTH

In-Person



SMCHealth.org/MHM





Get Involved
#Share4MH



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SMCHealth.org/MHM

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SAN MATEO COUNTY HEALTH BEHAVIORAL HEALTH & RECOVERY SERVICES

Virtual Background



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

SMCHealth.org/MHM



City Partnership

#Share4MH



South San Francisco City Hall



San Carlos City Hall



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



SMCHealth.org/MHM





Save



NON-CRISIS RESOURCES

**Behavioral Health & Recovery Services
Access Call Center**
800-686-0101 and TTY (for hearing
impaired): dial 711

If you need help finding mental health and
substance use services call the Behavioral
Health and Recovery Services ACCESS Call
Center for information, an assessment and
a referral based on individual needs.

[Read more >](#)



CRISIS RESOURCES

**For emergencies that need an immedi
response, call or text 9-1-1**

When contacting 911 during a mental he
crisis, request a crisis intervention train
(CIT) officer. To find out how to prepare
what to expect, learn more at
www.smchealth.org/mh911

**If you know someone who is in a suicidal
crisis or emotional distress, please reach
out for 24/7 confidential support.**

988

988 is a federal initiative launching
nationwide on July 16, 2022, that aims to
improve the crisis response system in
America. In 2020, Congress designated the
new 988 dialing code to be operated
through the existing National Suicide
Prevention Lifeline (1-800-273-8255). The
Substance Abuse and Mental Health
Services Administration (SAMHSA) sees
988 as a first step towards a transformed
crisis care system in America. The current
Lifeline number will continue to be available
after the launch of 988 on July 16, 2022.

[Read more >](#)



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

SMCHealth.org/MHM



Thank You!



Group Photo with Supervisor Corzo, Behavioral Health Commissioners and City Elected Officials



SMCHealth.org/MHM





SAN MATEO COUNTY HEALTH

BEHAVIORAL HEALTH & RECOVERY SERVICES



stang@smcgov.org or kflui@smcgov.org



650-578-7165



SMCHealth.org/MHM

