

MENTAL HEALTH MONTH

SAN MATEO COUNTY



Scott Gilman, MHA
He/Him/His
BHRS Director

Sylvia Tang, MPP
She/Her/她
Community Health Planner



SAN MATEO COUNTY HEALTH

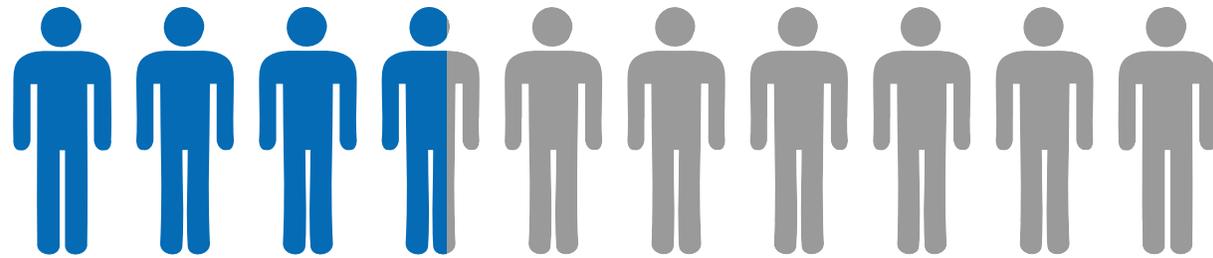
**BEHAVIORAL HEALTH
& RECOVERY SERVICES**

Why Recognize MHAM?



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**BEHAVIORAL HEALTH
& RECOVERY SERVICES**

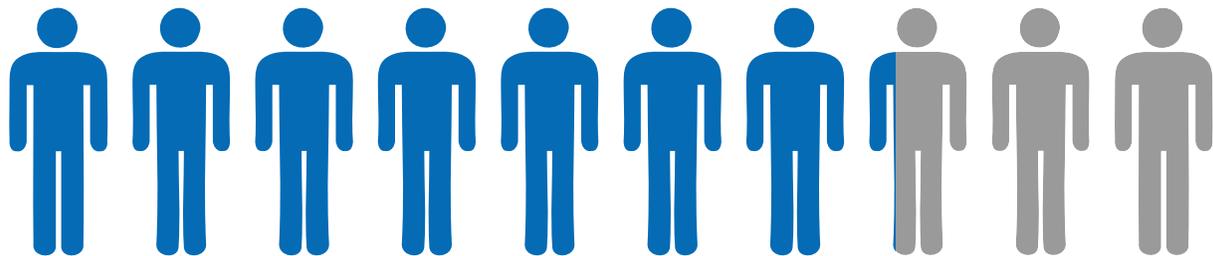
One-Third SMC Respondents Reported Having Had a Mental Health Problem



36%

Have Had Mental Health Problem

Among those who have had a mental health problem, almost three-quarters have sought treatment

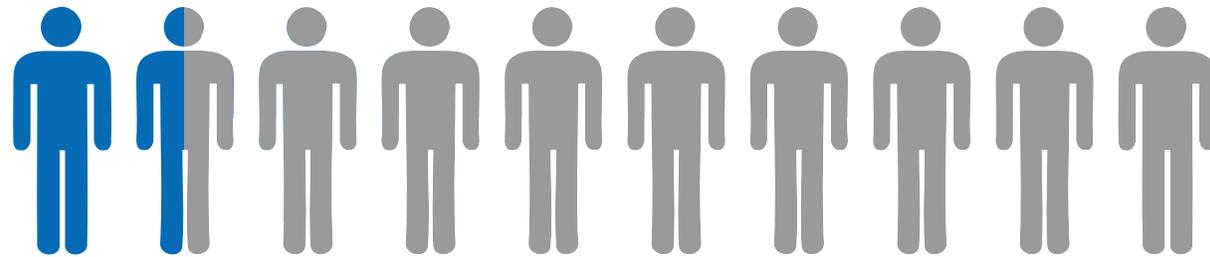


72%

Sought Treatment for Mental Health Problem



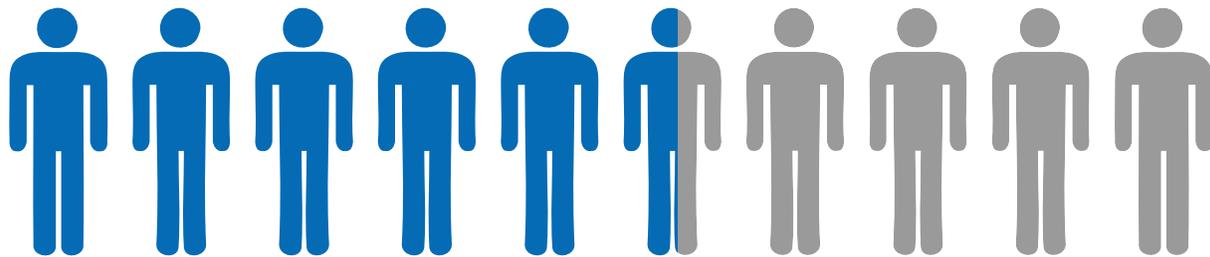
One in Ten SMC Respondents Reported Having Had a Substance Use Problem



13%

Have Had Substance Use Problem

Among those who have had a substance use problem, more than half have sought treatment



55%

Sought Treatment for Substance Use Problem

Source: 2020 San Mateo County Stigma Baseline Survey by Strata Research



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smchealth.org/MHM



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San Mateo County

2021 Mental Health Month

#HopeForChange

Free virtual events offered in Spanish & English throughout the month of May.
Open Mics, Pet Therapy & more!

Visit **SMCHealth.org/MHM**
for more info & registration.



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MHAM Planning Committee



2021 Mental Health Month
#HopeForChange
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Jean Perry Commissioner ...



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Sylvia Tang | She/Her | ODE



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Pat Carbullido



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Chris Rasmussen



Pamela Ward Pious /



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Kristie Lui | She/Her | ...



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Sydney Hoff



Yoshie Hill



Michael Lim



Kristina Anderson



Melinda Henning



Lanajean



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Bill Kruse he/him/his



john butler,he,his,cats

Title: Quarantined Hope

Filmmakers: Ryan Kang, Keunho Kim

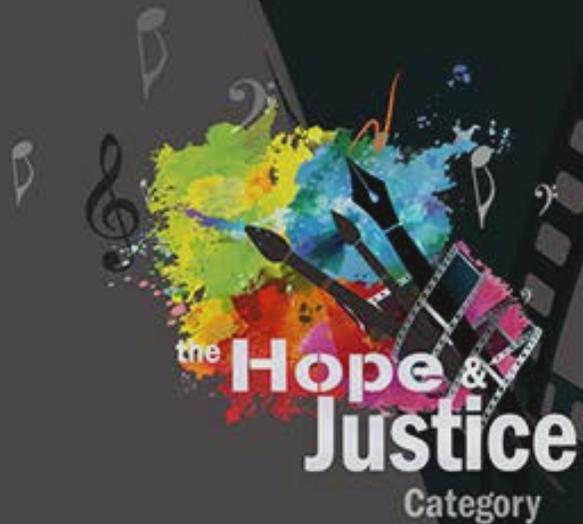
School/Org: Burlingame High School

County: San Mateo County



Advisor: Stephen Erle

Category: Hope & Justice



www.DirectingChangeCA.org



Funded by counties through the Mental Health Services Act (Prop 63).

Behavioral Health Resources

for mental health and substance use services

NON-EMERGENCY

Access Call Center

mental health and substance use services

800-686-0101

TDD: 800-943-2833 or 711

COVID-19 Mental Health Resources

smchealth.org/covid-19-mental-health

EMERGENCY (24/7)

Call 9-1-1 for medical or psychiatric emergencies (if you can't call, text 911)

Crisis Hotlines

650-579-0350 or 800-273-8255 (TALK)

Text "BAY" to 741741



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smchealth.org/MHM



stang@smcgov.org or kflui@smcgov.org



650-578-7165

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