



# LIGHT UP FOR MENTAL HEALTH MONTH

## lime green city lights

For May 2023, San Mateo County is inviting all 20 cities to join a county-wide and state-wide movement to express unity and support for our community's mental health by **lighting key city buildings**, such as city halls or other appropriate buildings, in lime green, the official color of the mental health movement. By shining a light on your city, collectively show that **your community supports your mental health.**

#SHARE4MH



**Inspire open conversations and reduce stigma around mental health and substance use conditions**



**Show public support for mental health and wellbeing**



**Encourage community to find behavioral health resources**

### ABOUT MENTAL HEALTH MONTH

San Mateo County will be joining our state and country in celebrating Mental Health Month (MHM) this May. MHM is one of the best times of the year where we reduce stigma, connect people to services and promote wellness for mental health and substance use matters and conditions. This year's statewide theme for MHM is "#Share4MH." This month features virtual and in-person events, advocacy days and communication campaign. Last year, 7 cities lit up their buildings and 1 city raised a flag for MHM. Above pictured from left to right: South San Francisco, Hillsborough, Brisbane and Redwood City.

### REQUESTED DEADLINE

We request that all cities wishing to be involved **confirm their participation by April 28**. Please email Sylvia Tang ([stang@smcgov.org](mailto:stang@smcgov.org)) to confirm your city's participation and building location. Lawn signs will be sent to those confirmed.



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