

San Mateo County

Condado de San Mateo

May 2022

# MENTAL HEALTH MONTH



#SMCTakeAction4MH

Visit [SMCMentalHealthMonth.org](https://SMCMentalHealthMonth.org) for more info on attending events, getting involved & finding support.

Free virtual and in-person events offered in Spanish and English throughout the month of May.



KRISTIE LUI | SHE/HER/她  
kflui@smcgov.org

SYLVIA TANG | SHE/HER/她  
stang@smcgov.org | 650-578-7165



Mayo 2022

# MES DE LA SALUD MENTAL



#SMCTakeAction4MH

Visite [SMCMentalHealthMonth.org](https://SMCMentalHealthMonth.org) para obtener más información sobre cómo asistir a eventos, participar y encontrar apoyo.

Eventos virtuales y en persona gratuitos se ofrecerán en español e inglés durante todo el mes de mayo.



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# Take Action



Attend Events



Get Involved



Find Support



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

[SMCMentalHealthMonth.org](https://SMCMentalHealthMonth.org)





# Attend Events

May 2022



Monthly

Weekly





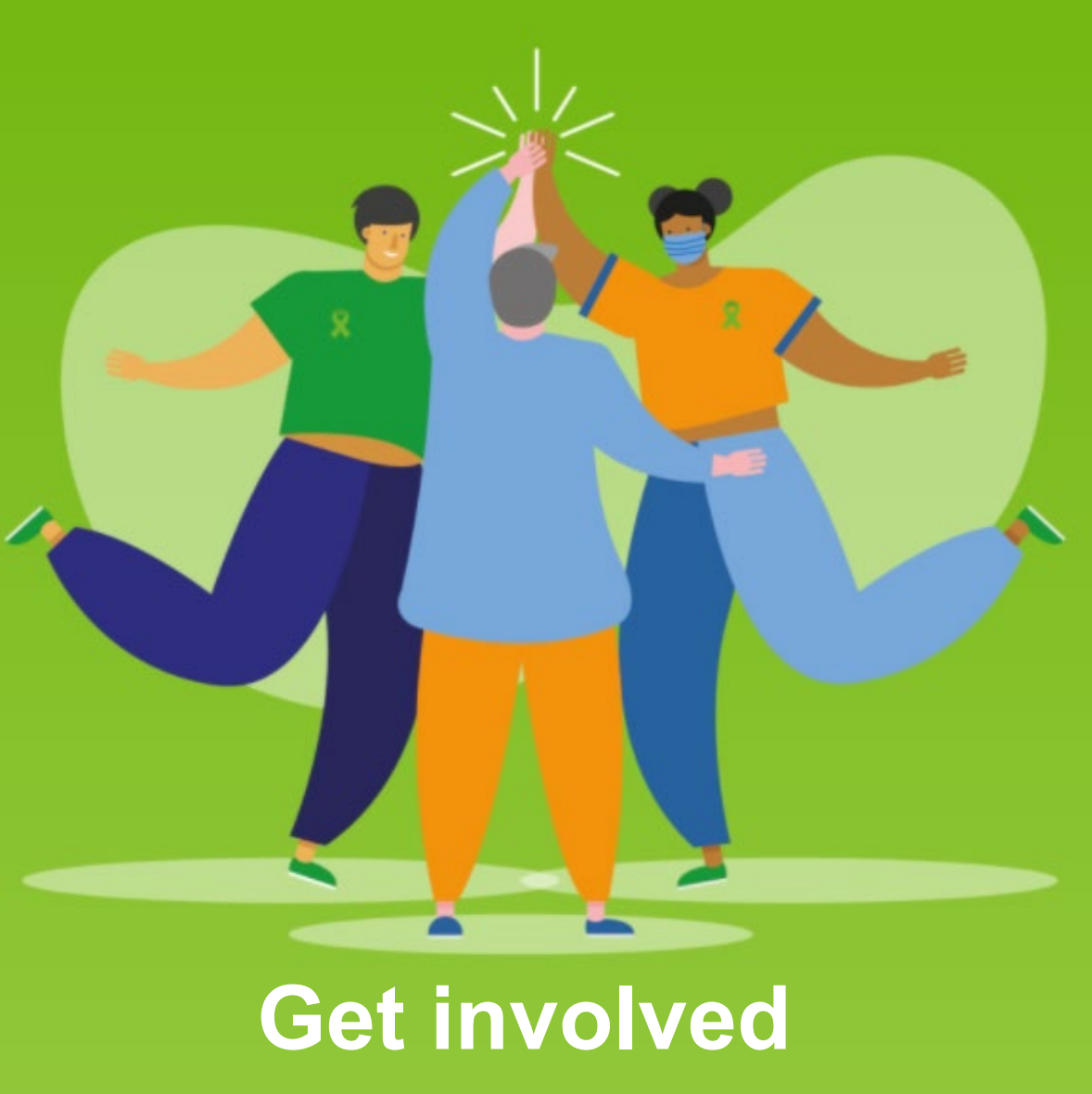
MON	TUE	WED	THU	FRI	SAT	SUN
25	26	27	28	29	30	1
2	3	4	5	6	7	8
Taking Time to Meditate	Board of Supervisor Proclamation & Kickoff of 2022 Mental Health Month	Cultural Identity & The Struggle to Belong: A Journey of Love, Trauma & Acceptance Taking Time to Meditate ⋮	Chair Yoga By Youth, For Youth, Taking Action for Mental Wellness	Mental Health First Aid Taking Time to Meditate	Youth Mental Health First Aid	
9	10	11	12	13	14	15
Monday Music Drop-in		Mental Health Open Mic		Mental Health First Aid	Mental Health First Aid Youth Mental Health First Aid	



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# Get involved

## Add to your Profile

Show your support by adding the mental health ribbon or Take Action logo to your social media picture.



Click and save photos.



## Share on Social Media

Help spread the word about Mental Health Month through social media! Check out our social media calendar for content you can share (in partnership with California's Take Action campaign) on your Facebook, Instagram, and/or Twitter! Be sure to use [#SMCTakeAction4MH](https://twitter.com/SMCTakeAction4MH)

 [View or Download Social Media Calendar](#)

[Download Social Media Graphics Here.](#)



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*South San Francisco*

## Get Involved with Mental Health Month in your City

Participate in Mental Health Month efforts in your city which may include a proclamation, city lights and/or Mental Health First Aid training.

### City Lighting Schedule:

Brisbane City Hall | 5/2-5/31

Hillsborough Town Hall | 5/2-5/31

Redwood City Courthouse Square | 5/1-5/31

San Carlos City Hall | 5/1-5/31

San Mateo County Hall of Justice | 5/2 – 5/31

South San Francisco City Hall | 5/1 – 5/31

Visit our **event calendar** for details on city proclamations and Mental Health First Aid trainings.



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# Find Support



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## Crisis Resources

**For Emergencies that need an immediate response, call or text 9-1-1.**

When contacting 911 during a mental health crisis, request a crisis intervention trained (CIT) officer. To find out how to prepare and what to expect, learn more at [www.smchealth.org/mh911](http://www.smchealth.org/mh911)

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

Call

- StarVista Crisis Hotline: (650) 579-0350
- National Lifeline: 1 (800) 273-8255

Text

- National Crisis Textline: Text "Bay" to 741741
- StarVista Teen Crisis Services (Mon-Thurs, 4:30pm-9:30pm): 650-747-6463

Visit

- StarVista Crisis Center: [sanmateocrisis.org](http://sanmateocrisis.org)
- National Crisis Textline: [crisistextline.org](http://crisistextline.org)



## 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.

Behavioral Health and Recovery Services serves San Mateo County residents with Medi-Cal & those who are uninsured.

Learn how to request services through the Access Call Center (download one page summary in English, Spanish, Chinese, Tagalog and Russian).

Behavioral Health and Recovery Services Website: [smchealth.org/bhrsservices](http://smchealth.org/bhrsservices)

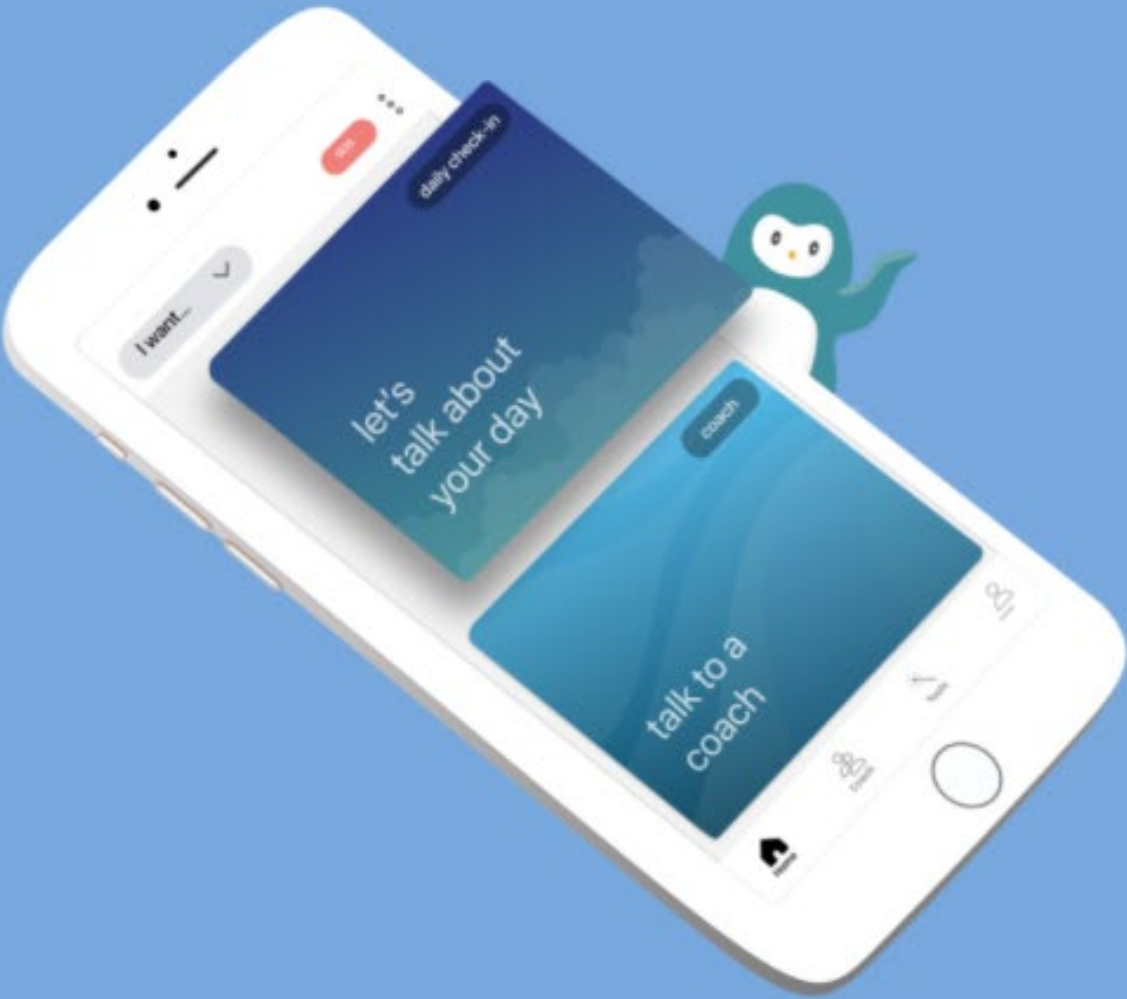
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### Additional Behavioral Health Resources

- Behavioral Health Services & Resources
- Substance Use Services & Resources

[SMCMentalHealthMonth.org](http://SMCMentalHealthMonth.org)





# Free Wellness App

WYSA is a chatbot, available 24/7 to you for free, anytime, anywhere. It is anonymous and uses evidence-based cognitive-behavioral techniques (CBT) to respond to the emotions that you express.

WYSA has over 150+ self-care tools that cater to different areas of mental wellness! These include meditation, breathing, mindfulness exercises, and other micro-actions to help you build mental resilience skills and feel better. Create your non-judgmental safe space with WYSA!

San Mateo County is offering access to free subscriptions of the newly launched WYSA app.

Get your free subscription [here!](#)

<https://helppathandca.org/san-mateo/>

# Thank You!







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