

MEETING SCHEDULE

3rd Thursday 6PM-7:30PM

Virtual Via Zoom

Contact FMHISMC@gmail.com
for more info.

RESOURCES

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

Suicide & Crisis Lifeline Call or
text 988 or chat 988lifeline.org to
reach the Suicide & Crisis Lifeline.

GET INVOLVED

To get involved in the Filipino
Mental Health Initiative,
contact FMHISMC@gmail.com
or visit our website at:
www.smchealth.org/FMHI



Learn more about
FMHI



Learn about other
Health Equity Initiatives

FMHI is supported by San Mateo County
Behavioral Health and Recovery Services,
Office of Diversity and Equity. It is one of
nine Health Equity Initiatives funded by the
voter-approved Mental Health Services
Act (Prop 63).



FILIPINO MENTAL HEALTH INITIATIVE



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



OUR GOALS

MISSION STATEMENT

The mission of the Filipino Mental Health Initiative is to improve the well-being of Filipinos in San Mateo County by:

- Reducing the stigma of mental health and substance use
- Increasing access to services
- Further empowering the community through outreach and engagement

Reducing Stigma

Many Filipinos view mental health and substance use as shameful and do not seek treatment for these issues. This is called *stigma*. FMHI believes that stigma should not prevent Filipinos from getting treatment they need. We educate Filipinos about the facts of mental health and substance use, and the treatments that can help.

Increasing Access to Services

Filipinos may not know about services in the community that can help them or may find it hard to talk with someone who is not Filipino. FMHI connects Filipinos to health, mental health, and social services, and strives to ensure culturally appropriate services are provided.




COMMUNITY OUTREACH

FMHI aims to outreach into the Filipino community through events, social media, and other activities.

FMHI Activities include:

- Community health forums and presentations
- Trainings for medical and mental health staff and community members
- Partnerships with other Filipino social service groups
- Support in connecting to behavioral health services

FACTS

- Filipino/a/x youth have one of the highest high school dropout rates and one of the highest rates of teen suicide ideation and attempts.
 - A bicultural clash exists between collectivist (Filipino/a/x) and individualist (American) value system, which leads to a lack of a stable sense of cultural identity leading to mental health issues.
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