



# SanaMente: Resources for Latino Communities



April 4, 2017

# Introductions



Nicole Jarred  
Sacramento, CA



Tawny Porter  
Alameda CA



Rosio Pedroso  
Gilroy, CA



Mariana Baserga  
Los Angeles, CA



Rosa Guerrero  
Los Angeles, CA

# Welcome!

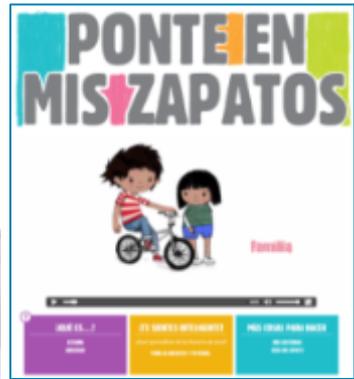
- Please mute your line
- If you have a question, technical problem or comment, please type it into the “Questions” box or “raise your hand” by clicking the hand logo on your control panel



# Agenda

- ❑ An overview of the SanaMente campaign, materials including the website and resources
- ❑ An overview of the SanaMente Minigrant Program
- ❑ A discussion of awareness activities and examples from county and community organizations
- ❑ An opportunity to ask questions

# Reaching California's Latino Community



[Ponte en mis Zapatos](#)



<http://www.sanamente.org/historias/>



[www.SanaMente.org](http://www.SanaMente.org)





# SanaMente

- What is it?
- Why is it important?
- Resources Available

“When people with mental health challenges feel accepted rather than excluded and isolated, we can create a state of better mental health in California, and reduce the toll untreated mental health problems have on California’s communities especially those underserved such as Latinos.”

-Dr. Sergio Aguilar-Gaxiola, Director of the UC Davis Center for Reducing Health Disparities



# SanaMente.org



Tienda | Contáctanos | Each Mind Matters | **¡VEJIDE APUSA ANHON NUSHO!**

¿Sabias Que? | Retos de Salud Mental | Testimonios | Recursos

SanaMente es el movimiento de salud mental de California.

# Engaging All Californians: Education

**SanaMente**  
Movimiento de Salud Mental de California

Tienda | Contáctanos | Each Mind Matters | [¡RECIBE AYUDA AHORA MISMO!](#)

¿Sabías Que? | **Retos de Salud Mental** | Testimonios | Recursos

### Segmento Informativo

Sergio Aguilar-Gostelo, MD, PhD es profesor de Medicina Interna en la Escuela de Medicina de la Universidad de California en Davis (UCD) y también es el Director y Fundador del Centro para Reducir Disparidades en Salud. En este segmento informativo, el Doctor Aguilar-Gostelo comparte información útil sobre varios temas asociados con la salud mental.

[Escucha Aquí](#)

**Prevenición**  
¿Sabías que la prevención puede reducir el riesgo de sufrir un reto de salud mental? ¡O que reconociendo y reconociendo a los síntomas de salud mental...

**Familias y niños**  
Los padres y maestros pueden crear ambientes que sean seguros y de apoyo en el hogar y en la escuela para...

**Jóvenes adultos**  
En adolescencia y al inicio de los veinte pueden ser difíciles o muy estresantes. No olvides que el alcohol...

## Audiences:

- Parents
- Children
- Young Adults
- Older Adults
- Farmworkers

**SanaMente**  
Movimiento de Salud Mental de California

Tienda | Contáctanos | Each Mind Matters | [¡RECIBE AYUDA AHORA MISMO!](#)

¿Sabías Que? | **Retos de Salud Mental** | Testimonios | Recursos

### Retos de Salud Mental

Todos enfrentamos retos en nuestra salud mental a lo largo de nuestra vida. De hecho, la mitad de nosotros enfrentará algún reto de salud mental en el transcurso de nuestra vida. Lamentablemente, muchas veces estos retos pueden ignorarse y requerir mayor atención. Sin embargo, hay buenas noticias. Los tratamientos para los retos de salud mental pueden ser efectivos y la recuperación también ocurre. Todos podemos hacer algo para ayudarnos a nosotros mismos o a otras personas. Sigue leyendo para obtener toda información sobre los retos de salud mental y cómo encontrar ayuda.

**Depresión**  
Todos nos sentimos tristes de vez en cuando, pero estos sentimientos generalmente desaparecen después...

**Ansiedad**  
Las personas con ansiedad o trastornos de ansiedad experimentan ciertos objetos que apretan, ahogan...

**Prevención del suicidio**  
El suicidio genera sentimientos de dolor, sufrimiento y pérdida en aquellos que lo previenen, ayudan y acompañan de todo el...

## Common Mental Health Challenges:

- Depression
- Anxiety
- Suicide Prevention
- Trauma
- Alcohol/ substance abuse

# Engaging All Californians: Shared Experiences

## Voces de la Salud Mental

Las Voces de la Salud Mental están representadas por personas, familiares o amigos que se han unido a la campaña. Sus historias ayudan a aquellos que han sufrido, están sufriendo o han padecido de alguna enfermedad mental o emocional. Unido a su voz para que juntos logren un grito de luz, de esperanza y de apoyo constante.

Filtrar Testimonios

Todos Tipos de Medio

Busca Aquí

### Alza Tu Voz



### Compartiré mi historia de salud mental para que otros sepan que no están solos.\*

Promesa de Miguel

### Verónica



“El primer abogado de tu hijo eres tú. Y si tú sientes que algo más está pasando, ve a las agencias... No importa tu idioma.”

Ver

### Jaime

“Como administrador público del Departamento de Salud Mental del Condado de Los Angeles y como padre de un niño de necesidades especiales, yo me comprometo a seguir luchando y abogando por la comunidad de salud mental para la eliminación del estigma discriminatorio y tratamientos o prácticas injustas.”

Lee más

### Daniel



“La estigma de que uno no puede ser nada porque tiene un reto de salud mental es mentira. Eso no es verdad... Si tú dices que no puedes, no vas a poder. Si dices que sí, entonces es posible.”

### Martha

“Como latina profesionalista en un área de salud mental, yo me comprometo a una...”



Tienda | Contáctanos | Each Mind Matters | **¡RECIBE AYUDA AHORA MISMO!**

Sabías Que? | Retos de Salud Mental | Testimonios | Recursos

SanaMente / Alza Tu Voz

## Alza Tu Voz

Creemos en la recuperación a través de la acción, la fuerza a través de la diversidad y el poder a través de la colaboración. Todo el mundo merece la oportunidad de vivir una vida sana, feliz y productiva. Las personas que experimentan retos de salud mental pueden mejorar. Hablando abiertamente y honestamente acerca de la salud mental, podemos ayudar a hacer eso posible. Así que haz una promesa. Díganos cómo está fortaleciendo el impacto del Movimiento de Salud Mental de California.

Nombre

Nombre Apellido

Apellido

Apodo \*

Se mostrará en lugar de tu nombre.

Correo electrónico \*

Ingreso correo electrónico Confirmar correo electrónico

Me comprometo... \*

## Testimonios:

- Watch, listen, or read personal stories from people living with a mental health challenge
- Submit your own story or pledge about mental health



# Engaging All Californians: Resources

Available resources include:

- Mental Health Support Guide
- Fotonovela's & Activity Guides
- Mental Health Fact Sheet
- SanaMente Poster: Myths vs. Facts



MITO	REALIDAD
<p><b>MITO</b> Solo personas con una enfermedad mental necesitan servicios de salud mental.</p> <p>Las personas con una enfermedad mental pueden vivir una vida plena y productiva.</p> <p>Las personas con una enfermedad mental pueden trabajar y estudiar.</p> <p>Las personas con una enfermedad mental pueden ser padres y madres.</p> <p>Las personas con una enfermedad mental pueden ser miembros de una comunidad.</p>	<p><b>REALIDAD</b> El 25% de la población de los Estados Unidos tiene una enfermedad mental.</p> <p>Las personas con una enfermedad mental pueden vivir una vida plena y productiva.</p> <p>Las personas con una enfermedad mental pueden trabajar y estudiar.</p> <p>Las personas con una enfermedad mental pueden ser padres y madres.</p> <p>Las personas con una enfermedad mental pueden ser miembros de una comunidad.</p>

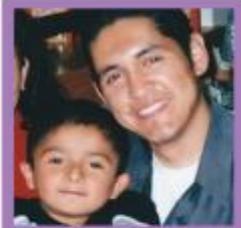
# Phase 2: SanaMente

## Resource Locator



## Blog

### Pedro's Story



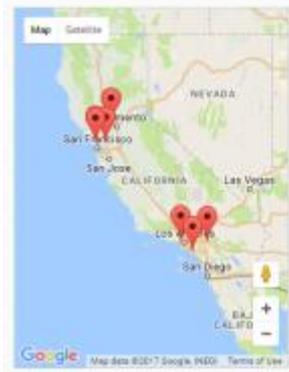
Pedro and son, José

Lorem ipsum dolor sit amet, consectetur adipiscing elit, sed do eiusmod tempor incididunt ut labore et dolore magna aliqua. Ut enim ad minim veniam, quis nostrud exercitation ullamco laboris nisi ut aliquip ex ea commodo consequat. Duis aute irure dolor in reprehenderit in voluptate velit esse cillum dolore eu fugiat nulla pariatur. Excepteur sint occaecat cupidatat non proident, sunt in culpa qui officia deserunt mollit anim id est laborum. Sed ut perspiciatis unde omnis iste natus error sit voluptatem accusantium doloremque laudantium, totam rem aperiam, eaque ipsa quae ab illo inventore veritatis et quasi architecto beatae vitae dicta sunt explicabo. Nemo enim ipsam voluptatem quia voluptas sit aspernatur aut odit aut fugit, sed

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## Events/Get Involved



### Youth Mental Health

04/04/2017-04/05/2017 | 4/4/17 8  
Yolo County Office of Education  
1280 Santa Anita Court Conference Rm  
Mental Health First Aid (Youth) Tuesdays to 12:30pm each day (must attend both Education/SELPA 1280 Santa Anita Court 95776 Youth Mental Health First ...  
[Read more >](#)

### Mental Wealth: A Cornerstone of Mental Health

04/08/2017-04/08/2017 | 4/8/17 5  
UCLA Covel Commons  
200 De Neve Drive, Los Angeles, CA 1  
Come join the conversation in a conference health, through a series of speakers, w long event will feature interactive work  
[Read more >](#)

Submit an event:

Add Event

# Additional SanaMente Resources



Ponte En Mis Zapatos presentations and related curricula utilize real stories from teens and young adults to teach youth about mental health challenges and mental wellness.

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

This campaign is intended to educate Californians how to recognize the warning signs of suicide, how to find the words to have a direct conversation with someone in crisis and where to find professional help and resources.

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



# Ordering Materials

If you are interested in requesting any SanaMente materials or promotional items, please visit:

[sanamente.org/tienda](http://sanamente.org/tienda)



**MITO**  
Una creencia o idea simplemente sostenida pero falsa.

Hay un modelo recuperador de un 100% de salud mental.

Una promesa que implica que otros de salud mental han pasado sus experiencias de recuperación a su comunidad.

No existen vacunas de salud mental que eliminen los problemas mentales, ni en la niñez.

**REALIDAD**  
El mundo a el estado de las cosas como realmente están.

Con un tratamiento adecuado, el 70-80% de las personas que viven con un tipo de salud mental pueden recuperarse.

Una promesa que implica que otros de salud mental pueden tener roles, trabajos y relaciones y contribuir a su comunidad.

Hay un modelo de atención que puede ayudar a muchas personas a vivir mejor. Para aprender más acerca de la salud mental y encontrar recursos que le ayuden a usted, visite [sanamente.org](http://sanamente.org).

**SanaMente**  
Movimiento de Salud Mental de California

Trabaja con nosotros para que todos aprendamos a vivir mejor.

# SanaMente Minigrants

- Overview of Grant Program
- 2017 Recipients
  - Health Education Council
  - The LGBT Center of OC
  - Transitions-Mental Health Association
  - Latino Service Providers

# Health Education Council



HEALTH  
EDUCATION  
COUNCIL

A 501(c)(3) nonprofit organization dedicated to providing access, education, advocacy and training to empower individuals towards healthy lives.

Work to promote health and prioritize prevention in underserved communities.



# Health Education Council



**Health Happens Together:**  
Improving Community Health through  
Cross-Sector Collaboration



# Ventanilla de Salud

- The Health Education Council operates the *Ventanilla de Salud* (Health Window) within the Mexican Consulate General of Sacramento.
- Provide various health screenings including:
  - blood pressure
  - blood glucose
- Sacramento to be first Mexican Consulate to launch onsite mental health screenings.



# SanaMente Outreach

*Ventanilla* partners, providers and nursing interns to be trained on SanaMente materials to aide in ease of referral.

Hard copy materials will be housed and disseminated from the *Ventanilla de Salud* to the patrons of the Mexican Consulate (200-300 daily visitors).



# SanaMente Outreach

Digital versions of the SanaMente material will be shared via email blast to all constituents on the Mexican Consulate email distribution list

Digital versions of the SanaMente materials will be housed on a Spanish-language landing page within the Health Education Council website



 Thank You!

**Amelia Marquis Anderson**

Communications Director

Health Education Council

Phone [\(916\) 556-3344](tel:9165563344)

[www.healthedcouncil.org](http://www.healthedcouncil.org)



HEALTH  
EDUCATION  
COUNCIL



# Q&A



# The LGBT Center OC

The LGBT Center OC's mission is to advocate on behalf of the Orange County Lesbian, Gay, Bisexual, and Transgender Community and provide services that ensure their well-being.

- Mental Health and Wellness
- HIV Prevention
- Youth Programs
- Trans\*itions Health & Wellness
- Immigration Outreach and Education
- Trainings and Curriculums
- [www.lgbtcenteroc.org](http://www.lgbtcenteroc.org)



# 🏳️ Integrating SanaMente

- Mental Health and Wellness
  - Services in English and Spanish
  - LGBTQ Affirming Therapy Training Program
- Youth Programs
  - School Trainings
  - Club Outreach
  - School 1:1 Counseling
- Trans\*itions Health & Wellness
  - Community Events & Group Trainings
  - Gender and Name Change Clinic



# 🏳️ Integrating SanaMente

## Immigration Outreach and Education

- Linking Immigration services
- Gender and Name Change Clinic

## Outreach at Community Events

- Health Fairs
- Community Resource Fairs
- College Campus Outreach



# SanaMente in the Future

## Where will this be integrated?

- Continue to integrate in our programs
- Social Media Outreach
- More information on our Website

## LGBTQ+ Latinx Immigrant Youth Handout

- Frame
- Coming Out
- Immigration Status
- Gender and Orientation
- Systems and LGBTQ Youth
- Mental Health Professionals

🏳️ Thank You!



Ann Mason—Associate Director  
of LGBT Center

Tony Ortuño—Youth Program  
Coordinator

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

[facebook.com/LGBTCenterOC](https://facebook.com/LGBTCenterOC)

714-953-5428



# Q&A



# Transitions-Mental Health Association

*Inspiring hope, growth, recovery  
and wellness in our communities.*

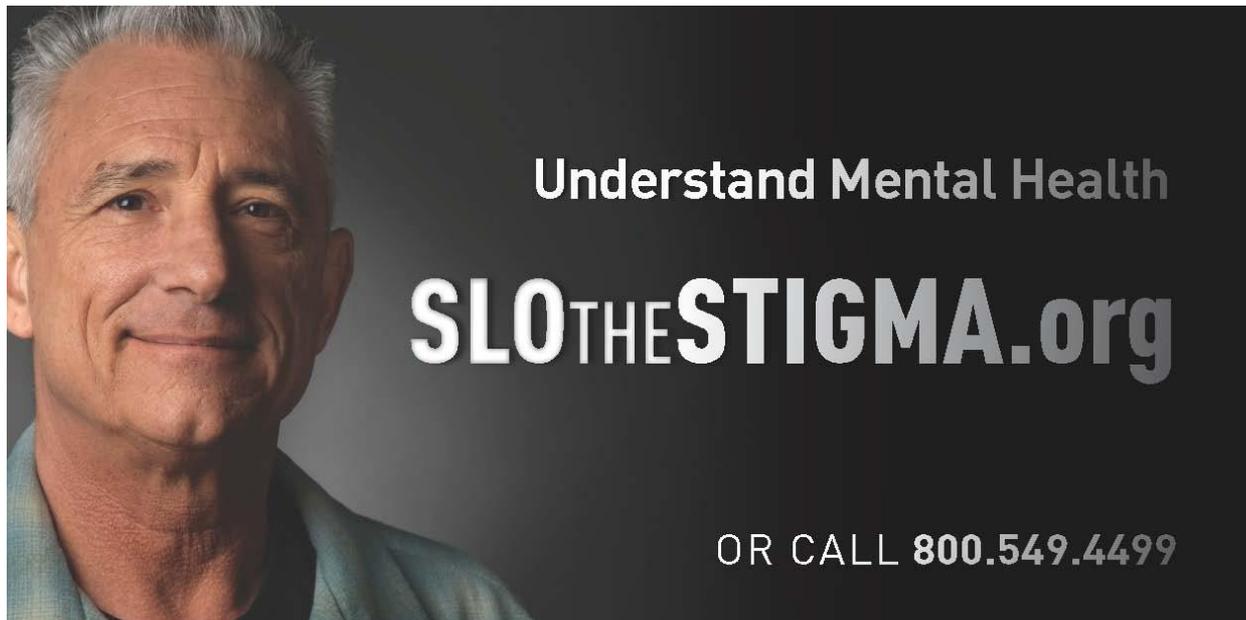


Transitions-Mental Health Association is a nonprofit organization dedicated to eliminating stigma and promoting recovery and wellness for people with mental illness through work, housing, community and family support services.

[www.t-mha.org](http://www.t-mha.org)

# SLOtheStigma

The Inspiration:  
Media Campaign Launched in 2010



WELLNESS • RECOVERY • RESILIENCE

# Superar (To Surpass)

A culturally sensitive 9-minute Spanish film (with English subtitles) that advocates for the awareness of mental illness. The film provides a glimpse into the lives of Latinos that have experienced mental illness and their journey of awareness, and courage to reach out for support, and surpass toward a healthier life. The cast describes symptoms, a definition for mental illness, dispels myths, addresses barriers to services and outlines various types of treatment options.

Directed and produced by Mary Garcia-Lemus and José Lemus.

This project was funded by the Mental Health Services Act, through the statewide Each Mind Matters / SanaMente campaigns, and by Dignity Health.



# Superar Campaign: Cal Poly University



## Goals of the *Superar* campaign:

- Increase awareness in Latino communities
- Decrease the stigma
- Guide people to local mental health resources through local Hotline

# Superar Campaign Implementation

- YouTube ([youtube.com/watch?v=-L2CFUsB4TQ](https://youtube.com/watch?v=-L2CFUsB4TQ))
- Hardcopy DVDs
- Social Media
- Print and Radio Advertising (English and Spanish)
- Guerilla Marketing and Outreach Events



# *Superar* Deliverables

## What's on the books?

- SLO Film Festival
- Large community forum hosted by Peer Advisory & Advocacy Team
- Latino Outreach Council Screening
- *Promotores* Collaborative – hosting 3 Community Forums
- DVD Distribution
- Spanish Language Survey



**Promotores Collaborative  
of San Luis Obispo County**

 Thank You!

To request a DVD, email [shannon@t-mha.org](mailto:shannon@t-mha.org)  
OR go to our TMHA YouTube page to watch and share film.

Shannon McOuat  
Community Outreach Manager

[\(805\) 540-6510](tel:8055406510) | [shannon@t-mha.org](mailto:shannon@t-mha.org)  
[youtube.com/watch?v=-L2CFUsB4TQ](https://www.youtube.com/watch?v=-L2CFUsB4TQ)





# Q&A



# Latino Service Providers



## AGENDA

- About Latino Service Providers
- How we have used SanaMente materials in 2016
- How we plan to use SanaMente materials in 2017-18



# 🎗️ Latino Service Providers



- A Vision of hope
- A need in our community was identified
- Latino Service Providers, a grass root organization is born
  - Our service begins
  - Building a collaboration to connect people is set into motion
  - Funding made a difference for LSP
- Champions with a common purpose
  - Algeo Casul
  - Linda Garcia
  - Pat Novella

# Social Media

Facebook & Instagram serve as our main platforms. Facebook, we found, engages adults and other organizations and agency providers while Instagram targets youth & young adults.

- Facebook: To share information
- Instagram: To create awareness through artistic images & symbols



# Promoting SanaMente

If you are presenting a program, providing services, or find yourself attending a workshop or forum related to mental health, take the opportunity to promote SanaMente:

- Try to bring a ribbon, bracelet, or business card with you, take a picture of the event with the item in the background, write a short caption, hashtag, and post!
- The goal: To associate the lime green ribbon and color to events that promote or address mental health awareness and well-being- especially those that are funded by Prop 63.

# Examples



**Cultural Summit XX:**  
Supporting community-defined practices for mental health programs and services

latinoserviceproviders  
Hyatt Vineyard Creek

zz.the.x, mgmartinezphd, vero18psvf, oliveandpoppy and briluvs3 like this

latinoserviceproviders Supporting community defined practices. Getting our cultural Competence on!  
#latinoserviceproviders #laGenteLatin #sonomacounty



latinoserviceproviders  
Santa Rosa Junior College

14 likes 8w

latinoserviceproviders At Mi Futuro Symposium @ SRJC. LSP Staff Briana & Emilia helping out! #mifuturo #lsp

Add a comment...



latinoserviceproviders  
Sonoma County, CA

santarosajc, natalias.kitchen, kaare\_iverson\_photography, holathisislola, culturedvinenapa, yesitsyesi, kkk.odintsova, sofiaidistracted and picking.me like this

latinoserviceproviders Does Mental Health matter to you? Speak up! We want to hear your voice! 3-5 minutes is all we need or visit our FB page for clickable links  
Survey link (English):  
<https://www.surveymonkey.com/r/LatinoServiceProviders>  
Survey link (Spanish):  
<https://www.surveymonkey.com/r/LatinoServiceProvidersES>

latinoserviceproviders #lsp #mhsa #mentalhealth

Add a comment...

**LSP Mi Futuro Está en Carreras de Salud/ My Future is in Healthcare Careers Symposium:** 300+ for high school students. Exposure to mental health and healthcare careers. We made sure to wear our gear!

**Promote logo & message:** Our funder conducted an MHSa survey and asked us to help promote on social media. So, we created a special post.

# Facebook

Follow Each Mind Matters on Facebook. Great content is already posted. So, engage!

Like, comment, and most importantly, share on your organization's page with your own personalized message.



The screenshot shows the Facebook profile for 'Each Mind Matters', which is identified as 'California's Mental Health Movement' and '@EachMindMatters'. The page has a green header with the organization's name and logo. A navigation menu on the left includes 'Home', 'About', 'Photos', 'Likes', 'Events', 'Videos', and 'Posts'. A 'Create a Page' button is visible below the menu.

The main content is a video player. The video title is 'Each Mind Matters Blog: My Green is Lime Green! Social Media Contest'. The video thumbnail features the text 'MY GREEN is LIME GREEN!' in large, bold, green letters. Below the video, it shows '231 Views', 'Like', 'Comment', and 'Share' options, along with a notification of '15' reactions and '4 shares'. The video player interface includes a progress bar at -0:07 and social media sharing icons for Facebook, Twitter, and Instagram.

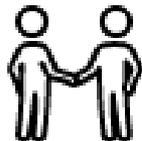
Below the video, there is a comment section with a 'Write a comment...' input field. A comment from 'Emilia Carbajal' is visible, discussing mental health awareness in the Latino community and mentioning a symposium in Santa Rosa, CA. The comment includes several hashtags: #EachMindMatters, #SaludEmocionalEsSaludMental, #Sanamente, #Carreras de Salud Simposio, #Mi Futuro Está en, and #LSP staff promoting green at the Mi Future is in Health Care Careers Symposium/Mi Futuro Está en Carreras de Salud Simposio, Santa Rosa, CA 1/27/17.

At the bottom of the comment, there is a photo of two women smiling, one of whom is wearing a lime green shirt.

# 🎗️ Spread the Word: E-newsletter 2016

- Create and send out a May is Mental Health Awareness Month e-newsletter using Group Mail or Constant Contact or other related service/program. Or send out an email with promoting Each Mind Matters/Sanamente resources and share local resources
- Promote during other mental-health related awareness months. e.g. National Suicide Prevention Week is Sunday, Sept. 10<sup>th</sup> through Saturday, Sept. 16<sup>th</sup>.
- We find Health Line's list of awareness month's helpful:

<http://www.healthline.com/health/directory-awareness-months>



**Latino Service Providers Announcements**

Latino Service Providers (LSP-SC) works with community partners to engage, collaborate, and exchange valuable information. Information exchange includes educational classes, financial literacy, and job development. LSP strives to increase awareness of available resources, access to programs and services; to influence public policy, delivery of services, enhance inter-agency communication; and to promote professional development within the Latino population.

[Become A Member](#)   [Website](#)   [Donate Here](#)   [Unsubscribe](#)  
[Announcement Request](#)

**In this September 7th LSP issue/ En esta edición de LSP 7 de Septiembre:**

- [1. National Suicide Prevention Awareness Week September 5-11](#)
- [2. What is Prop 63?](#)
- [3. Pain Isn't Always Obvious, Know the Signs, Suicide is Preventable](#)
- [4. Sanamente es el Movimiento de la Salud Mental de California. ¡Únete!](#)
- [5. The Impact of Listening: A Powerful Story of Surviving Suicide](#)
- [6. 4th Annual Santa Rosa Out of the Darkness Community Walk](#)
- [7. Radio Programas Gratuitas: Tercera Edad Fuerte y Feliz & ¡Alerta! Adolescentes, Alcohol y Adicciones](#)
- [8. Free Emotional Well Being and Crisis Warm Lines/ Líneas de Apoyo Para El Bienestar Emocional y Crisis Gratuitas](#)
- [9. Post Traumatic Stress Disorder Basics \(Pamphlet\)](#)
- [10. NAMI Support Groups/ Grupos de Apoyo de NAMI](#)
- [11. Submit Your Own Mental Health Video & Enter for a Chance to Win \\$1,000](#)
- [12. Tuesday Resource Clinic](#)
- [13. Free Showers, Laundry Services & Safe Parking Sonoma County](#)

**National Suicide Prevention Awareness Week September 5-11**

National Suicide Prevention Awareness Week is September 5 – 11, 2016. Suicide is the 10<sup>th</sup> leading cause of death in the United States. Each year, 42,773 Americans die by suicide. For every suicide, 25 attempts are made. (Statistics provided by the [American Foundation for Suicide Prevention](#)).

We all know someone- a loved one, a family member, friend, neighbor, or client that has experienced mental illness and in some cases a person who took their life. Mental illness and the contemplation of suicide are related. Resources in our community for

# A look ahead to 2017 & 2018

## Facebook:

- Share [#EachMindMatters](#) and [#Sanamente](#) posts on our organization's page
- Create posts with upcoming materials using [canva.com](#)

## Instagram:

- Incorporate [#EachMindMatters](#) [#Sanamente](#) and symbols into Mental Health events funded by Prop 63 MHSA.

## NEW!

- Table at relevant events, lime green ribbon giveaways, Fotonovela prize giveaways
  - Cinco de Mayo- May
  - Día de Independencia-September
  - Día de Los Muertos-October/November

## E-Newsletter:

- Creating special announcements celebrating awareness months with materials and/or symbols
- May for Mental Health Matters Month
- September for Suicide Prevention Week

# 🎗️ A look ahead to 2017 & 2018 cont'd

**NEW! LSP Youth Promotores Program.** A new full-year program that will expose youth 16-24 to Mental Health awareness, education, and inspiration to pursue mental health/behavioral health academics and careers. **Youth Promotores** will conduct pláticas (conversations) about mental health and survey Latino/a community members regarding the same and incorporate the new SanaMente materials into the pláticas. Students will also embark on 6-month community engagement projects to spread the message of mental health stigma reduction and mental health awareness and incorporate Sanamente materials.





Gracias

Wanda Tapia, Executive Director

Briana Fernandez, Programs Coordinator

Emilia Carbajal, Workforce Development Specialist

### Latino Service Providers

930 Shiloh Road, Building 40, Ste. A, Windsor, CA 95492

wanda.tapia@latinoserviceproviders.org

Ph 707.837.9577

LSP Website: [www.latinoserviceproviders.org](http://www.latinoserviceproviders.org)

*Follow us on Facebook and Instagram @latinoserviceproviders*





# Q&A



# Each Mind Matters - Join the Movement!



## Get Involved

We all have mental health, and our voices are amplified when we speak up together. California's Mental Health Movement grows stronger every day as millions of people and thousands of organizations are working to advance mental health. There are many ways to add your voice and strengthen the movement.



### Speak Up

Share how you're part of the movement by taking a pledge to advance mental health in your own way.

Take a pledge



### Spread the Word

Learn more about the movement and get tools to help inform others.

More



### Share Your Story

We all have mental health, and we're inspired by each other's stories. Tell us why mental health matters to you by sharing your "lime green story".

Share

## Stories

California's Mental Health Movement is made of up millions of people who believe that everyone experiencing a mental health challenge deserves the opportunity to live a healthy, happy and meaningful life. See what people are saying and sharing – and add your voice to the movement with your own commitment to advancing mental health.



# Mental Health Matters Month

[www.eachmindmatters.org/get-involved/spread-the-word/toolkit-may-mental-health-matters-month-2017/](http://www.eachmindmatters.org/get-involved/spread-the-word/toolkit-may-mental-health-matters-month-2017/)

# Find and Share Events

Mental Health

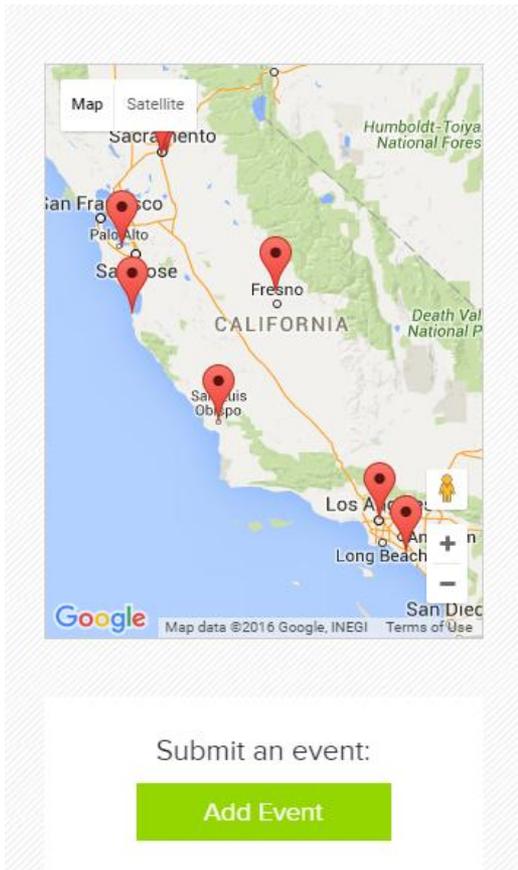
Stories

Get Involved

Events

Resources

Blog



If you are hosting a public event, add it to the **Each Mind Matters** events page to attract a larger audience!

<http://www.eachmindmatters.org/events/>

To order ribbons, T-shirts and other educational resources and wearable outreach items visit the EMM Store.

[www.eachmindmatters.org/store](http://www.eachmindmatters.org/store)

# Save the date!

## **Directing Change Award Ceremony and Screening May 11<sup>th</sup>**

May 11, 2017 | 11-2 p.m.  
San Diego County

The 5<sup>th</sup> annual **Directing Change** Award Ceremony will be hosted at the Center for the Arts and will include a red carpet reception, films screening and award ceremony. To RSVP visit: [www.directingchange.org](http://www.directingchange.org)

To find out about other upcoming events visit:

[http://www.eachmindmatters.org/  
events/](http://www.eachmindmatters.org/events/)



## **Mental Health Matters Day Building Momentum and Strength TOGETHER**

May 24, 2017  
California State Capitol East Steps

 Thank you!

