



Archived Document

Archive Disclaimer: The following Health Care Agency document is for historical purposes only. The information provided was accurate at the time it was originally presented. The Health Care Agency does not review past postings to determine whether they remain accurate, and information contained in such postings may have been superseded. We accept no responsibility and specifically disclaim any liability for readers' use of information contained in any archived document. By viewing these archived materials, you acknowledge that you understand this cautionary statement.

Subscribe

Share ▼

Past Issues

Trans

[View this email in your browser](#)



Each Mind Matters and Philosophy's Hope & Grace Initiative Premiere "We are the Movement for Mental Health" PSA

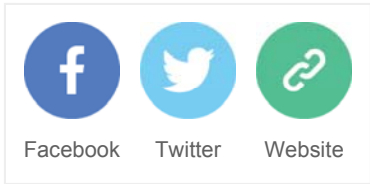
In honor of May is Mental Health Matters Month, Each Mind Matters in partnership with beauty brand philosophy's hope & grace initiative premiered the "We are the Movement for Mental Health" PSA on [The Huffington Post](#) and [Yahoo! Health](#). This PSA is the first version of several that will be released all month long featuring more than 40 celebrities from television and film delivering powerful messages of hope and recovery.



You can join us in raising awareness this May by:

- Sharing the new [PSA](#) on social media with the hashtag #millionslikeme
- Filming your own PSA as part of the #millionslikeme [video challenge](#).
- Taking part in one of the many [events](#) happening statewide
- Wearing your lime green ribbon and gear from [EMM's shop](#)
- Pledging your support at [EachMindMatters.org](#)

Join the Movement!



Copyright © 2015 Each Mind Matters, All rights reserved.
[unsubscribe from this list](#) [update subscription preferences](#)

[Subscribe](#)[Share ▼](#)[Past Issues](#)[Trans](#)[View this email in your browser](#)

CalMHSA Programs Save Lives, Report Says

[RAND Corporation](#) recently released four reports evaluating CalMHSA programs, all of which show that progress is being made in stigma reduction and suicide prevention. Among the most significant findings:

- More Californians say they are willing to socialize with, live next door to, and work closely with people experiencing mental illness
- Californians display meaningful increases in awareness of the stigma faced by people with mental health problems
- Just one year of CalMHSA's investment in the ASIST program is projected to prevent at least 140 deaths and 3,600 suicide attempts over the next three decades.

For more on these reports, [read our blog](#).

Tools to Use

Each Mind Matters has created three infographics to highlight key findings from the reports that are available to download [here](#).

California Mental Health Services Authority (CalMHSA)

EFFORTS ARE WORKING

In a one year period, the RAND California Statewide Survey found that Californians became more aware of stigma and more accepting and supportive of those with mental health challenges. Across the state, people are taking action, speaking up and reaching out to help when they see someone struggling.



More Inclusion
 Nearly 1.5 million more Californians (a 5% increase year-over-year) are willing to socialize with, live next door to or work with people who have mental health challenges.



More Momentum
 (or 13% of Californians surveyed) saw someone wearing a lime green ribbon, and almost half of those had a conversation about mental health because of the green ribbon.



More Support
 Approximately 600,000 additional Californians (a 2% increase year-over-year) provided emotional support to someone with a mental health challenge.

*Changes in Mental Illness Stigma in California During the Behavioral Stigma and Discrimination Reduction Initiative.

"It is clear that the methods in use by the SDR (Stigma and Discrimination Reduction) initiative have the potential to touch the lives of every Californian."
— RAND Corporation

Each Mind MATTERS
www.eachmindmatters.org

RAND California Well-Being Survey Results

The California Well-Being Survey assessed the impact of mental health prevention and early intervention programs on individuals who are experiencing psychological distress. The survey was conducted by RAND Corporation as part of efforts by the California Mental Health Services Authority (CalMHSA) to improve the mental health of California residents. Results are available at www.rand.org.

Findings show **recovery is possible**, but continued efforts for stigma and discrimination reduction are needed.

90% of Californians living with **psychological distress** report some measure of **discrimination**.

69% of Californians would definitely or probably **hide a mental health problem** from coworkers or classmates.

"Those experiencing PSYCHOLOGICAL DISTRESS may find it more difficult to secure a job, rent a home or form close relationships."

Over **3 IN 10** of those surveyed had been **ouched by CalMHSA efforts**.

CalMHSA is on target to reach **9 IN 10** Californians most at risk for mental health concerns.

© Department of Health and Human Services, Mental Health: A Path of Hope, November 2014

"Our findings indicate the clear need for stigma and discrimination reduction efforts in the state of California." — RAND Corporation

Each Mind MATTERS
www.eachmindmatters.org

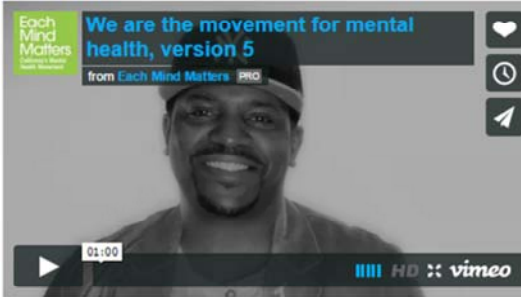
Statewide Winners Announced!



The statewide winners of the Directing Change Program and Student Film Contest were announced at a screening event and awards ceremony held on Tuesday, May 19 at the Crest Theatre in Sacramento. Awards were given to the top three films in two categories: Suicide Prevention and Ending the Silence. [Click here](#) for the complete list of winners and to watch the winning PSAs.

You've Seen the PSAs, Now It's Your Turn!

Earlier in May Each Mind Matters and the [hope & grace initiative](#) launched the ["We are the Mental Health](#)



["Movement" PSA series](#) featuring more than 70 celebrities across five PSAs and the response has been amazing! We are thrilled that people throughout California are connecting with this message and sharing it with others.

Now it's your turn! We invite you to record one line from the PSA or write it on paper and take a photo and then post it on social media with the hashtag #MillionsLikeMe. We might just do another version of the PSA starring you! Get the script [here](#) and JOIN US!



Got Blog Ideas?

You can help us provide the latest news and information about the mental health movement in California. Contact us [here](#) to become a guest blogger!



Mental Health Matters Month Round-Up

Counties and organizations across California are supporting May is Mental Health Matters Month through various activities. Check out what's happening in your community in the weekly roundup on the [Each Mind Matters blog](#).



Share
 Tweet
 Forward

Copyright © 2015 Each Mind Matters, All rights reserved.

[unsubscribe from this list](#) [update subscription preferences](#)

[Subscribe](#)[Share ▼](#)[Past Issues](#)[Trans](#)[View this email in your browser](#)

New Booklet for LGBTQ Teens



The new “Be True and Be You: A Basic Mental Health Guide for LGBTQ Teens” is now available to download. Created with the help of LGBTQ teens across California, the booklet includes descriptions of common mental health challenges, myths and facts, ways to handle stressful or difficult situations, real stories of others who have been through tough times and where to get help or help someone you know. [Read more.](#)

[Download Now](#)

Animated Videos Promote the Movement



Want to tell others about the movement, but not sure how to start the conversation? Check out our new video series that breaks it down in short, easy-to-understand animated videos. Share these videos online or as part of presentations. Click above to watch the first video (or [here](#)) and visit our blog to read more.

Mental Health Matters Month Success!



May is Mental Health Matters Month was a huge success with thousands of individuals and organizations in counties across the state coming together to promote mental health awareness. Read all about how the movement painted the state lime green in the [roundups](#) on the Each Mind Matters blog.

Have an upcoming event? Be sure to post it on the Each Mind Matters event page and share your photos with us on Facebook, Twitter and Instagram.

[Find Events](#)

Music for Mental Health

On June 30, young artists and youth programs will be honored at an event on the CSU East Bay campus. The event will provide mentoring and support from music professionals, educators and mental health experts to young artists interested in the music industry. For more information, contact Nicole at njarred@rs-e.com.



Facebook Twitter Website Instagram



Copyright © 2015 Each Mind Matters, All rights reserved.
[unsubscribe from this list](#) [update subscription preferences](#)

[Subscribe](#)[Share ▼](#)[Past Issues](#)[Trans](#)[View this email in your browser](#)

July 2015

Each month we bring you stories about the mental health movement across California and the nation. Here are the mental health conversations happening right now...



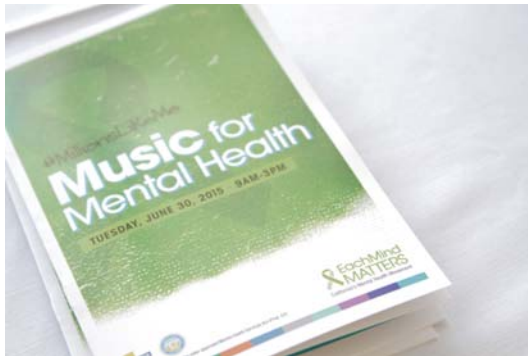
Trending: Semicolon Tattoos

A new trend has hit social media, and we are big fans. Inspired by Project Semicolon, people are drawing or tattooing semicolons on their bodies as a symbol of strength in overcoming mental health challenges. [Read the full story...](#)



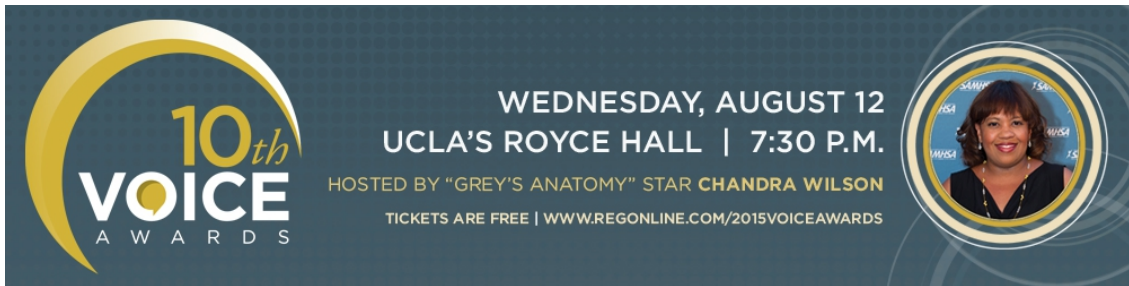
PRISMS Honor Best in Film, TV

Awards were handed out for the best depictions of mental health in film and TV in a star-studded ceremony on July 16 in Los Angeles. [Check out the winners...](#)



Making Music for Mental Health

Young artists joined music industry leaders at CSU, East Bay on June 30 to celebrate the release of Each Mind Matters' #MillionsLikeMe CD featuring music from young people across California. [Listen to the songs...](#)



California Leaders Recognized

The National Alliance on Mental Illness honored former California State Senator Darrell Steinberg and Los Angeles County District Attorney Jackie Lacey at its national convention. [Read why...](#)

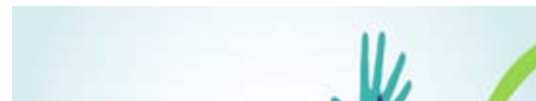


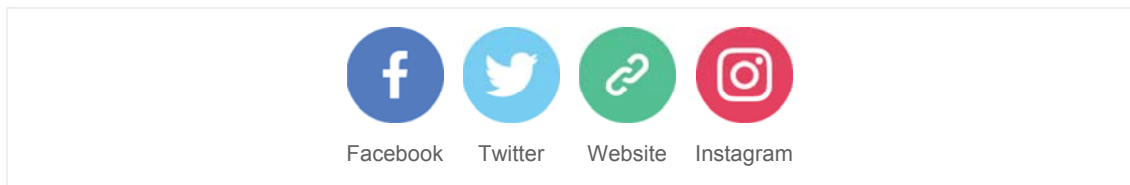
Highlights: Directing Change 2015

A new video segment on the 2015 Directing Change ceremony includes interviews with this year's winners and special guests. [Watch it now...](#)



Tools to Use: Each Mind Matters Video Series





Copyright © 2015 California Mental Health Services Authority, All rights reserved.
[unsubscribe from this list](#) [update subscription preferences](#)

[Subscribe](#)[Share ▼](#)[Past Issues](#)[Trans](#)[View this email in your browser](#)

August 2015

Next month the global mental health community observes Suicide Prevention Week (Sept. 7-13). In this month's edition, we bring you the latest headlines on mental health and take a special focus on suicide prevention information and resources...



Newsweek: The Lasting Impact of Robin Williams' Death

August 11 marked the one year anniversary since Robin Williams took his life. Newsweek.com noted the date with a report on how Williams' death has changed the conversation around suicide and mental health. [Learn more...](#)



The New York Times: Suicide on Campus

In this piece from late July, the Times explored suicide on college campuses and the pressure for perfection that can exacerbate mental health challenges for young people. [Read the article...](#)



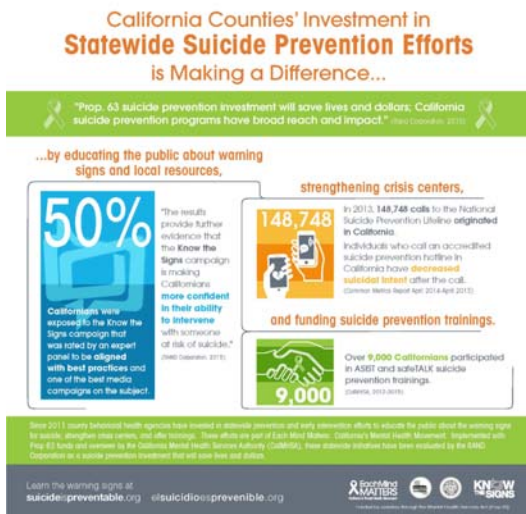
SAMHSA's 2015 Voice Awards

The 10th annual Voice Awards was held at UCLA's Royce Hall on Aug. 15. This year's event highlighted the effects suicide has on individuals, families and communities. Host Chandra Wilson, star of "Grey's Anatomy," helped hand out awards for improving public awareness and understanding of behavioral and mental health. [Check out the winners...](#)

Suicide Prevention Week: Sept. 7-13

Need ideas for how you and your organization can get involved?

Each Mind Matters has a dedicated [Suicide Prevention Week page](#) that will help you take part and check out these tools to help spread the word.



Share the Facts - NEW!

Independent analysis by RAND found that the California Mental Health Services Authority's (CalMHSA) statewide suicide prevention initiatives are preparing more Californians than ever before to assist those at risk of suicide and that CalMHSA's investment will save lives and dollars.

- [Read the reports](#)
- [Get the NEW infographic](#)

Know the Signs. Find the Words. Reach Out.

Pain isn't always obvious. The warning signs for suicide manifest in different



ways. Some signs are more critical, and may indicate an imminent danger. It's up to us to learn to recognize the warning signs and how to offer support to someone we care about. [Get prepared...](#)

Do you know the warning signs for suicide?

There are people in our community who experience intense sadness every day. They believe that their life has no meaning and there is no hope. And because they are ashamed of what they are going through and they find it difficult to understand their experiences, they hide their pain. The warning signs of their call for help are there, but not always obvious. Visit suicideispreventable.org to learn the signs, find the words and reach out.

National Suicide Prevention Lifeline:
1.800.273.8255

suicideispreventable.org

Raise Awareness

Each Mind Matters offers a wealth of digital and printed suicide prevention materials for people of all ages and in many languages. Get started by checking out these links:

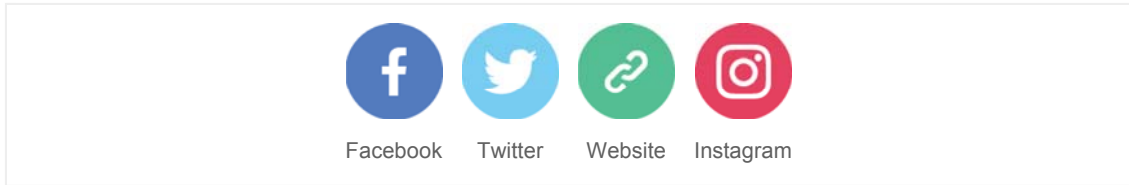
- [Suicide prevention materials](#) in English, Spanish, Chinese, Hmong, Khmer, Korean, Lao, Tagalog, and Vietnamese
- [Video stories](#)
- [Directing Change films](#) made by student filmmakers



Promote Your Event

Submit your Suicide Prevention Week event on our website and we'll help you promote it on Facebook and Twitter. Share photos and captions after the event and your event may be included in our next newsletter. [Get started...](#)

More Resources



Copyright © 2015 California Mental Health Services Authority. All rights reserved.
[unsubscribe from this list](#) [update subscription preferences](#)

[Subscribe](#)[Share ▼](#)[Past Issues](#)[Trans](#)[View this email in your browser](#)

September 2015

In this month's edition, we bring you the latest headlines on mental health and also help you prepare for Mental Health Awareness Week in October.



Mental Health Community Topples Stigmatizing Billboard

Fashion brand Kenneth Cole will replace a stigmatizing billboard it posted in NYC last month following outcry from the mental health community. Read the opinion piece from the [American Psychiatric Association](#) and the [statement from the brand...](#)

More Californians Prepared to Help Those at Risk of Suicide

A recently conducted independent evaluation found that more Californians than ever know the signs of suicide and are prepared to intervene with someone who is struggling thanks to programs supported by CalMHSA with

California Counties' Investment in Statewide Suicide Prevention Efforts is Making a Difference...

"Prop. 63 suicide prevention investment will save lives and dollars. California suicide prevention programs have broad reach and impact." (March 2014)

...by educating the public about warning signs and local resources,

50%

California's new exposure to the Know the Signs campaign that was rated by an expert panel to be aligned with best practices and one of the best media campaigns on the subject.

The results provide further evidence that "Know the Signs" campaign is making Californians more confident in their ability to intervene with someone at risk of suicide."
 (April 2014)

148,748

In 2013, 148,748 calls to the National Suicide Prevention Lifeline originated in California. Individuals who call an accredited suicide prevention hotline in California have decreased suicidal intent after the call.
 (Source: News Release 2014 April 2013)

and funding suicide prevention trainings.

9,000

Over 9,000 Californians participated in ASIST and safeTALK suicide prevention trainings.
 (Source: 2013/2014)

Since 2011, many behavioral health agencies have benefited at statewide prevention and early intervention efforts to educate the public about the warning signs to suicide, strengthen crisis centers, and offer helpline. These efforts are part of Earth Mind Matters: California's Mental Health Movement. Supported with Prop. 63 funds and awarded by the California Mental Health Services Authority (CMHSA). These statewide initiatives have been evaluated by the CMHC Corporation as a suicide prevention investment that will save lives and dollars.

Learn the warning signs at suicidepreventable.org @suicidiosispreventable.org

funds from the Mental Health Services Act (Prop. 63) and that this investment will save lives and dollars. [Read more...](#)

BEFORE you start your story, consider:

1	<p style="font-weight: bold; color: blue;">relevance</p> <p style="font-size: 0.8em;">Is mental illness or substance use relevant to the story? If it is not meaningfully linked to the story, there is no need to mention it. Avoid speculation and the generalized belief that behavioral health conditions explain unusual acts or behavior.</p>
2	<p style="font-weight: bold; color: blue;">source</p> <p style="font-size: 0.8em;">What is your source for the mental illness and substance abuse diagnosis? Don't rely on hearsay. If someone's mental and substance abuse disorder is relevant, make sure your source is authorized to share information about the person's lived experience and that the information is accurate.</p>
3	<p style="font-weight: bold; color: blue;">language</p> <p style="font-size: 0.8em;">What is the most accurate language to use? Using terms like "crazy", "lunatic", or "psycho" can perpetuate stereotypes and the discrimination experienced by people living with behavioral health conditions.</p>

Source: THE CARTER CENTER Journalism Resource Guide on Behavioral Health.

New! Guide for Journalists from The Carter Center

The Carter Center Mental Health Program released "The Carter Center Journalism Resource Guide on Behavioral Health" to journalists, behavioral health and media experts on Sept. 16. [Get the guide...](#)



Comic Illustrates Struggle with Anxiety and Depression

Webcomic artist Nick Seluk helped a reader to share her story by illustrating her daily struggle about anxiety and depression to increase understanding of these disorders, and the result is resonating. [See the comic...](#)

Survey Says: Perceptions Shifting

A national online survey by three mental health organizations revealed



that most Americans value mental and physical health equally, and most believe suicide can be prevented. [For the story...](#)



March for Dignity Now!

On Aug. 25 mental health advocates from across the nation joined in the first-ever Destination Dignity Mental Health March on Washington. TheMighty.com captured the powerful words and images of marchers in [this piece...](#)

active
minds



**SEND
SILENCE
PACKING®**



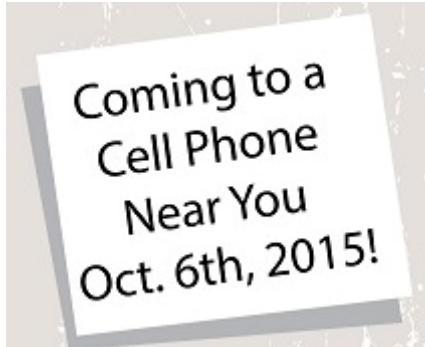
Don't Miss: Tour Comes to CA

Each Mind Matters welcomes new partner Active Minds and its nationally-recognized exhibit *Send Silence Packing®* to California in October. The powerful exhibit features 1,100 backpacks representing the number of students who die by suicide every year. [Get the schedule...](#)

Mental Health Awareness Week: Oct. 4-10

Looking for ways to show your support and spread the word? We've got you covered!

Here's how you can get involved...



Grab Ur Cell: Text, Talk, Act Contest

Each Mind Matter is proud to partner with Text, Talk, Act on Tuesday, Oct. 6 for an event that unites young people across the country to talk about how to help a friend in need. Registrants have the chance to win \$1,000 for their school organization! [Sign up now...](#)



Download Now: Tools to Use

Each Mind Matters has created a kit with ideas, templates and other tools to promote awareness. [Download here.](#)

Our "How To Video" series will help you learn more about the movement and talk about it with others. Videos include:

- [What is Each Mind Matters?](#)
- [How to Start a Conversation](#)
- [Use Social Media for Awareness](#)

Visit the [EMM Shop](#) to order lime green ribbons and apparel for your events.

REGISTER TODAY!



Tools for Change Conference
Mental Health 3.Now: Innovative Paths to Achieving Wellness


Tools for Change Conference
November 5-7, 2015
Hilton San Francisco
Register Now: mentalhealthsf.org

Tools for Change is the world's first conference focused on lived experience and culture change around mental health and mental illness. This two-day unique event unites mental health experts, health technology leaders, providers, consumers, and community advocates in a collaborative and actionable learning environment to advance innovation in mental health and highlight the work and values of diverse leaders across sectors.

Featured Speakers



Sally Spencer-Thomas Kevin Hines Dr. Tracy Dennis



Facebook Twitter Website Instagram

Copyright © 2015 California Mental Health Services Authority. All rights reserved.
[unsubscribe from this list](#) [update subscription preferences](#)

[Subscribe](#)[Share ▼](#)[Past Issues](#)[Trans](#)[View this email in your browser](#)

October 2015

In this month's edition, we bring you the latest Each Mind Matters news and recent headlines on mental health.



Opinion: NFL Pro Speaks Out Against Mental Health Stigma

New York Jets wide receiver Brandon Marshall is a force on and off the field, especially when it comes to advocating for mental health. Recently, he penned an article on why stigma is still an issue that stops people from taking the first step for help. [In his own words...](#)



Gun Violence and Mental Health

CalMHSA's Stephanie Welch sat down with Sacramento's FOX 40 News to discuss the recent Oregon tragedy and demystifying mental illness with conversation. [Watch the interview...](#)



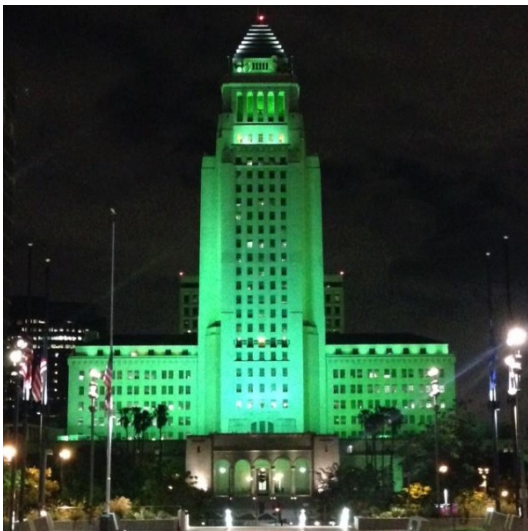
Grammy Award-Winner Lends Voice to the Movement

Grammy Award-winning artist and actress, Macy Gray, recently took part in EIC's PRISM Showcase that pays tribute to accurate depictions of mental health in entertainment and recorded this message of support. [Listen now...](#)



Mental Illness is Not a Costume

Halloween is days away and an opinion piece by two mental health advocates calling out costumes that perpetuate stigma around mental illness is getting a lot of attention. [Read more...](#)



California Goes Lime Green!

The last two months have been a flurry of activities for the mental health movement. From [Suicide Prevention Week](#) in September to Mental Health Awareness Week earlier this month, the movement has been busy spreading the word in communities across California and the nation. [Check it out...](#)

Special Focus: Veterans Mental Health

Many veterans experience mental health challenges. Just as it takes courage to serve, it also takes courage to ask for help. Below are some resources that can help veterans and their loved ones get the support they need.



Each Mind Matters offers videos, a fact sheet and comprehensive list of mental health resources for veterans and their loved ones. [Get the resources...](#)

IT'S YOUR CALL

Confidential help for Veterans and their families

Veterans Crisis Line
1-800-273-8255 **PRESS 1**

..... Confidential chat at VeteransCrisisLine.net or text to **838255**

Tools for Change Conference
Mental Health 3.0 Now: Innovative Paths to Achieving Wellness

November 5-7, 2015
Hilton San Francisco
mentalhealthsf.org

REGISTER TODAY! CLICK HERE

Don't miss your chance to attend Tools for Change this November! This unique event unites mental health experts, health technology leaders, providers, consumers, and community advocates in a collaborative and actionable learning environment to advance innovation in mental health and highlight the work and values of diverse leaders across sectors. [Register now...](#)



Facebook Twitter Website Instagram

Copyright © 2015 California Mental Health Services Authority. All rights reserved.
[unsubscribe from this list](#) [update subscription preferences](#)

[Subscribe](#)[Share ▼](#)[Past Issues](#)[Trans](#)[View this email in your browser](#)

November 2015

As the holidays near, we want to express our thanks to everyone in the mental health movement working toward a stigma free California. In this month's edition, we premiere EMM's new video on understanding stigma and highlight other video tools to use.

EMM Launches New Video: "What is Stigma?"



Our latest video explains what stigma is and how it can stand in the way of seeking help. Half of us will deal with a mental health challenge, all of us have a reason to speak openly and honestly about mental health. [Take a look...](#)

"New State of Mind" Documentary Wins Audience Choice Award

CalMHSA's documentary "A New State of Mind: Ending the Stigma of Mental Illness" was recently awarded the Audience Choice Award of the Council on Social Work Education's (CSWE)



2015 film festival in Denver last month.

[Read more...](#)

Video Series Spotlights the Movement

The three-part series of short, easy-to-understand videos informs viewers of California's Mental Health Movement, how to start a conversation about mental health and how to use social media to spread awareness. We all have a role to play to reduce stigma and discrimination so join the movement. [Learn more...](#)



Video #1: Joining the Movement

The first video explores how Each Mind Matters is affecting lives throughout California, how you can join the movement, and how to spread the word.



Video #2: Starting the Conversation

The second video in the series is full of tips on how to start discussions about mental health in communities throughout California.



Video #3 : Raising Awareness Online

The final video provides tips and information about how social networks can be a great place to start conversations about mental health.

Now It's Your Turn! Enter a Film in Directing Change Contest

A promotional poster for the Directing Change Program and Student Film Contest. At the top left is a professional video camera on a tripod. A film strip graphic runs across the top with the text "Directing Change Program and Student Film Contest". Below the camera, the text reads "ALL IT TAKES IS 60 SECONDS TO MAKE A DIFFERENCE." in green and black. Further down, it says "ENTER CALIFORNIA FILM CONTEST FOR YOUTH AND YOUNG ADULTS. WIN CASH AND RESOURCES FOR YOUR SCHOOL, ORGANIZATION OR CLUB." At the bottom, it says "To learn more visit www.DirectingChange.org" and includes logos for "Each Mind Matters" and "California".

Directing Change
Program and Student Film Contest

**ALL IT TAKES
IS 60 SECONDS TO
MAKE A DIFFERENCE.**

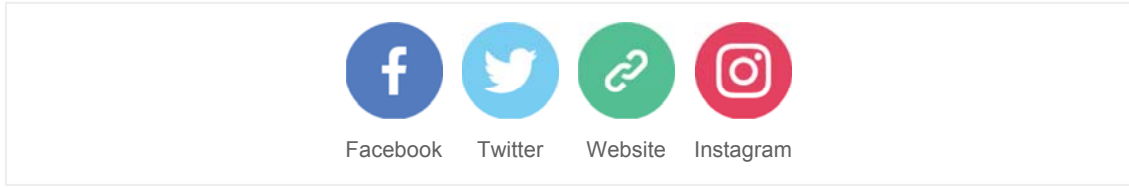
ENTER CALIFORNIA FILM CONTEST FOR YOUTH
AND YOUNG ADULTS. **WIN CASH** AND RESOURCES
FOR YOUR SCHOOL, ORGANIZATION OR CLUB.

To learn more visit www.DirectingChange.org

Each Mind Matters California

Attention filmmakers: the 4th annual Directing Change Student Film Contest is now taking submissions. If you live in California and are a high school student, or a youth or young adult (ages 16-25) in partnership with a college, university, club, program or community-based organization we'd love for you to enter. Categories include Suicide Prevention, Mental Health Matters and new this year, Through the Lens of Culture. [Get all the info here...](#)





Copyright © 2015 California Mental Health Services Authority, All rights reserved.
[unsubscribe from this list](#) [update subscription preferences](#)



[Subscribe](#)[Share ▼](#)[Past Issues](#)[Trans](#)[View this email in your browser](#)

December 2015

This month we highlight the latest in mental health news and spotlight Each Mind Matters resources for California's Asian communities. Check it out!



New Study: Investment in Student Mental Health Pays Off

Statewide prevention and early intervention programs on California college campuses help students graduate which increases the net societal benefit overall. [Listen why...](#)



Hollywood Heartthrob Details Struggle with Anxiety

Actor Colton Hayes of "Teen Wolf" and "Arrow" fame took to Twitter after reading an Upvoted article on a new study about the effects of anxiety on social status. [Read his message...](#)



In the News: Tattoos for Mental Health

As we continue to speak openly and honestly about mental health, many are also creating permanent reminders of their hope and resiliency with a tattoo. The 36 images featured show how deeply personal a tattoo can be, and the stories behind the ink are even more powerful. [Check them out...](#)



Self-Care: Coping with Holiday Stress

For many, the holidays can bring more stress than celebration. It's important to maintain your mental health as well as physical health this time of year. [Read the 5 tips...](#)

Special Focus: Asian American Mental Health

In January and February 2016, many Asian American communities will celebrate their culture's Lunar New Year. These celebrations are a great time to talk about the importance of mental and physical health and we have many resources to help.



Each Mind Matters offers in-language videos with English subtitles that discuss hope and resiliency and the importance of speaking out. To watch all the videos, [visit the stories page...](#)

The suicide prevention initiative, Know The Signs, prepares Californians to



Con cái của bạn có nghĩ đến việc tự tử không?

Dấu hiệu cảnh báo của những nỗi đau khổ tinh thần không phải lúc nào cũng rõ ràng. Nếu bạn cảm thấy được xin hãy lưu ý và mạnh dạn hành động.

Liên lạc Đường Dây Cứu Sinh Quốc Gia về Ngăn Ngừa Tự Tử số: **1.800.273.8255**
 Các cố vấn đã được huấn luyện đang sẵn sàng 24/24 để hỗ trợ bạn và có nhân viên nói tiếng Việt Nam khi yêu cầu.

suicideispreventable.org

learn the warning signs, find the words to offer support and reach out to acquire local resources that can provide care. Materials are now available for several Asian-Pacific Islander communities, including Chinese, Filipino, Korean, Cambodian, Lao, Hmong and Vietnamese. For a complete list of resources, [click here...](#)

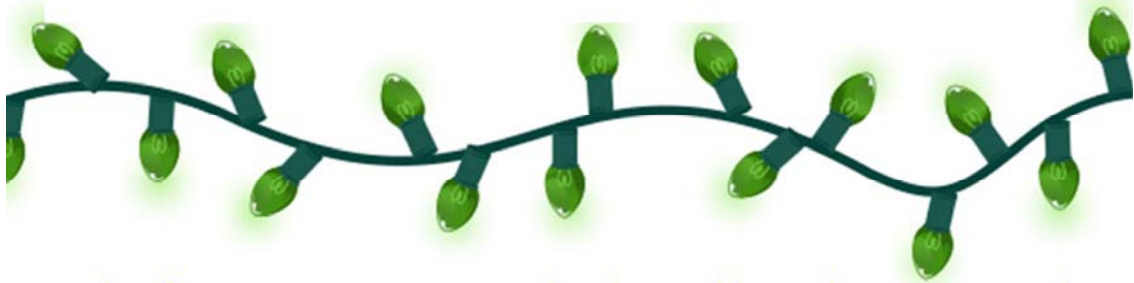


Actress and comedian, Margaret Cho, shared with Each Mind Matters her personal story of overcoming bullying and why she speaks up for many causes, including mental health. [Watch her video...](#)



 EachMind
MATTERS

California's Mental Health Movement



Happy Holidays!



Facebook Twitter Website Instagram

Copyright © 2015 California Mental Health Services Authority. All rights reserved.
[unsubscribe from this list](#) [update subscription preferences](#)