



May  
is  
National  
Mental  
Health  
Awareness  
Month

**ReConnect (Early Intervention Service Older Adults) EISOA Suicide Prevention Video**

TIME: Throughout the month of May

WHERE: Council On Aging Southern California Social Media Platforms (Facebook, Instagram, Twitter, LinkedIn, YouTube) Promote ReConnect EISOA video highlighting suicide awareness and prevention.  
<https://www.youtube.com/watch?v=VULibFVo7gc>

**Social Media Campaign**

TIME: Throughout the month of May

WHERE: COASC Social Media Platforms (Facebook, Instagram, Twitter, LinkedIn, YouTube) Promote May as Mental Health Awareness Month amongst all social media platforms. This effort will utilize the toolkits designed by Each Mind Matters and Mental Health America.

**Be Well OC Mental Health Video Series**

TIME: Throughout the month of May

WHERE: <https://mental-wellness.bewelloc.org/library>  
In partnership with Be Well OC, we will promote series of Mental Health videos featuring ReConnect EISOA Telegeropsychiatrist Michelle Park. Videos will highlight COVID-19, mental health, and will be provided in English and Spanish.

*"Out of suffering have emerged the strongest souls;  
the most massive characters are seared with scars."*

--Khalil Gibran

# 1

## Mental Health Kickoff (The Cambodian Family)

TIME: 10-11 a.m.

WHERE: Online-Facebook Live. Please contact Sreyroth Loa to register at [sreyrothl@cambodianfamily.org](mailto:sreyrothl@cambodianfamily.org)

CamFam Case Manager will be going on Facebook Live to make the announcement that May is mental health awareness month and to share resources with the community. For more information, please call us at (714) 561-2589.

## START WHERE

YOU ARE,

USE WHAT

YOU HAVE,

AND DO

WHAT YOU CAN.

## Grab and Go Event: Loara Elementary School (Western Youth Services)

TIME: 4:30-5:30 p.m.

WHERE: Loara Elementary School  
1501 W. Broadway  
Anaheim, CA 92802

For more info contact (714) 399-3474

Or visit [aesd.org/freemeals](http://aesd.org/freemeals)

WYS O&E will be promoting MHA Month during Anaheim Grab & Go meal distribution events for children and families.

*“Sadly, too often, the stigma around mental health prevents people who need help from seeking it. But that simply doesn’t make any sense. Whether an illness affects your heart, your arm or your brain, it’s still an illness, and there shouldn’t be any distinction. We would never tell someone with a broken leg that they should stop wallowing and get it together... We shouldn’t treat mental health conditions any differently. Instead, we should make it clear that getting help isn’t a sign of weakness—it’s a sign of strength—and we should ensure that people can get the treatment they need.”*

MICHELLE OBAMA

# 1

## Mental Health Social Media Kickoff

TIME: 8 a.m.

WHERE: Instagram, Twitter, Facebook

CONNECT-OC will be making social media posts related to Mental Health Awareness daily throughout the month of May. We will be sharing on Instagram, Facebook and Twitter. We will be making story posts on Instagram as well and we are willing to share information provided by other community partners.

For more information, please visit Connect-OC on social media.

Instagram: @connect\_oc

Twitter: @connect\_oc

Facebook.com/ConnectOCCoalition/

If you have questions or would like us to share your information or event on our social media accounts please contact Blair Veraza [bveraza@ncaddoc.org](mailto:bveraza@ncaddoc.org). This event is organized by National Council on Alcoholism & Drug Dependence (NCADD).

*"Loving yourself  
isn't vanity.  
It's sanity."*

– Katrina Mayer

In 2015, 12.3% of adolescents aged 12 to 17 years had a least one major depressive episode in California and 11.9% in the United States. Overall, both proportions were higher than previous years between 2005 to 2013 (ranging from 8.8% to 11.4%).

SOURCE: Substance Abuse and Mental Health Administration (2015). 2015 National Survey on Drug Use and Health. The 24<sup>th</sup> Annual Report on the Conditions of Children in Orange County report.

# 1

*"The secret of change is  
to focus all of your  
energy, not on fighting  
the old,  
but on building the new."*

SOCRATES

## Wellness Webinar: 8 dimensions of Wellness (OCAPICA)

TIME: 12-1 p.m.  
WHERE: Webinar on Zoom

For further information and to register for this presentation available to the general public, please contact us at OCAPICA at (844) 530-0240. Once registered, an email confirmation will be sent with further information about the Zoom workshop.

O&E staff will provide an educational workshop on balancing wellness in various aspects of your life.

## DID YOU KNOW?

Hispanic adults age 50 or older reported more current depression than white, non-Hispanic, black, non-Hispanic adults, or other, non-Hispanic adults (11.4% compared to 6.8%, 9.0%, and 11%, respectively).

SOURCE: [https://www.cdc.gov/aging/pdf/mental\\_health.pdf](https://www.cdc.gov/aging/pdf/mental_health.pdf)



MAY is Mental Health Awareness month. Learn more at [www.eachmindmatters.org](http://www.eachmindmatters.org)

# 4

**MENTAL  
ILLNESS CAN  
BE TREATED.  
  
RESEARCH  
SHOWS THAT  
PEOPLE WITH  
MENTAL  
ILLNESS CAN  
GET BETTER  
AND MANY  
RECOVER  
COMPLETELY.**

SOURCE: CDC/MENTAL HEALTH

## **Mental Health Awareness Mondays**

TIME: Ongoing  
WHERE: Latino Health Access Facebook page  
[www.facebook.com/lhaorg/](http://www.facebook.com/lhaorg/)

Latino Health Access will post the following:

1. The OC Health Care Agency's Each Mind Matters video called "What it Means to Wear Lime Green."
2. Sananamente's poster called "Los mitos y la realidad de vivir con un reto de salud mental."
3. Mentalhealth.gov's fact sheets entitled "Mitos y realidades sobre salud mental" and "Mental Health myths and facts."

## **Virtual Trivia Game (for Mandarin speakers)**

TIME: 10 a.m.  
WHERE: Zoom Virtual Meeting  
Support Group Leader will host a virtual trivia game with a setup similar to Jeopardy. The questions will include topics related to mental health, physical health, lifestyle, history, etc. The goal of the game will be to educate the participants on topics as they relate to mental health.

More Information: For more information or to register for the event, please rsvp to: <https://www.eventbrite.com/e/virtual-trivia-game-tickets-103276332290?aff=erelpanelorg>. This event is organized by Council on Aging.

## **Mindful Quarantine (OMID)**

TIME: 7:00-8:30 p.m.  
WHERE: Webinar on Zoom

For further information and to register for this presentation available to the general public, please call OMID at 1 (949) 502-4721 or email Sara at [skachineh@omidinstitute.org](mailto:skachineh@omidinstitute.org). Once registered, an email confirmation will be sent with further information about the Zoom meeting.

In this workshop, we will explore potential ways that we can stay calm in the midst of uncertainty. We will review some of the psychology literature regarding mindfulness and do a short mindfulness practice together.

Presenter: Yasaman Mostajeran , AMFT

MAY is Mental Health Awareness month. Learn more at [www.eachmindmatters.org](http://www.eachmindmatters.org)

# 5

Never  
let a stumble  
in the road  
be the end  
of the  
journey.

### Helping children cope with the Pandemic (OMID)

TIME: Recorded Zoom Webinar  
Call or email for link  
WHERE: Webinar on Zoom

For further information and to register for this presentation available to the general public, please call OMID at 1 (949) 502-4721 or email Sara at [skachineh@omidinstitute.org](mailto:skachineh@omidinstitute.org). Once registered, an email confirmation will be sent with further information about the Zoom meeting.

We will discuss the coping skills and strategies children need to deal with this pandemic.

Presenter: Dr. Maryam Sayyedi

### Mindfulness Activity (for Vietnamese speakers)

TIME: 1-3 p.m.  
WHERE: Zoom Virtual Meeting

Group will have educational and interactional components. The Educational piece will aim to raise awareness to the participants about mental health. Support Group Leader will provide education and focus on recognizing symptoms and the effects of not providing care. The interaction piece will focus on an activity in which participants will draw a “support tree” and will discuss/share the components of their tree with one another.

More Information For more information or to register for the event, please rsvp to <https://www.eventbrite.com/e/mindfulness-activity-for-vietnamese-speakers-tickets-103658946700>. This event is organized by Council on Aging.

## DID YOU KNOW?

It is estimated that 20% of people age 55 years or older experience some type of mental health concern.

SOURCE: [https://www.cdc.gov/aging/pdf/mental\\_health.pdf](https://www.cdc.gov/aging/pdf/mental_health.pdf)

MAY is Mental Health Awareness month. Learn more at [www.eachmindmatters.org](http://www.eachmindmatters.org)

# 6

**YOUR  
FEAR  
OF  
*stigma*  
IS PART  
OF THE  
ILLNESS**

### Wellness Webinar (The Cambodian Family)

TIME: 10-11 a.m.  
WHERE: Teleconferencing/Zoom

Please contact Sreyroth Loa to register at [sreyrothl@cambodianfamily.org](mailto:sreyrothl@cambodianfamily.org). For more information, please call us at (714) 561-2589.

CamFam Case Manager will be conducting a mental health workshop and provide mental health resources to participants online.

### “Mental Health 101: Self-Care and Coping Tips during COVID-19 Isolation” Webinar

TIME: 11:30 a.m.-12 p.m.  
WHERE: Virtual-Zoom

For further information and to register for this webinar training available to the general public, please contact [OE@theprioritycenter.org](mailto:OE@theprioritycenter.org) or call the InfoLine at 1(888) 955-6570. Once registered, a link will be sent with the meeting ID and password for the Zoom webinar.

The O&E Team will be hosting a 30-minute presentation on the benefits of practicing self-care for optimal mental health during Mental Health Awareness Month, with an emphasis on social isolation during the COVID-19 pandemic, along with mindfulness coping tips, ways to ask for support, and resources available at this time. The facilitators will also offer an additional 30 minutes at the end of the webinar to answer any questions, and conduct one-on-ones for skills-building as needed/requested by participants.

From 2009-2013, there were 3,613 cases of self-inflicted injury and suicides reported among 10-19 year olds in Orange County combined; 65 of which resulted in death.

Despite a slight decrease in the number of self-inflicted injury cases from 2009 to 2010, there was a 26.8% increase in the total number of cases from 2010 to 2013 (OCHCA & OCSCD, 2015).

SOURCE:

[http://www.ohealthiertogether.org/content/sites/ochca/Local\\_Reports/Kaiser\\_OC\\_Mental\\_Health\\_Convening\\_Summary\\_Report\\_2017-11-17.pdf](http://www.ohealthiertogether.org/content/sites/ochca/Local_Reports/Kaiser_OC_Mental_Health_Convening_Summary_Report_2017-11-17.pdf)

MAY is Mental Health Awareness month. Learn more at [www.eachmindmatters.org](http://www.eachmindmatters.org)

# 6

## NAMI-OC “Happy” Hour: Dreams are not Cancelled

TIME: 5 - 6 p.m.

WHERE: [Zoom meeting- https://us02web.zoom.us/j/83488196754](https://us02web.zoom.us/j/83488196754)

Please RSVP on Eventbrite:

<https://www.eventbrite.com/e/nami-orange-countys-happy-hour-tickets-102942796676>

Panel of Dreamers to encourage hope  
The Orange County Outreach and Engagement (O+E)  
Collaborative will be distributing Mental Health Awareness  
material to participants.

“You miss  
100% of the  
shots you  
don’t take.”

Michael Jordan

## How to manage the anxiety of death with our elderly parents (OMID)

TIME: Recorded Zoom Webinar

Call or email for link

WHERE: Webinar Zoom

For further information and to register for this presentation available to the general public, please call OMID at 1 (949) 502-4721 or email Sara at [skachineh@omidinstitute.org](mailto:skachineh@omidinstitute.org). Once registered, an email confirmation will be sent with further information about the Zoom meeting.

We will discuss ways to manage anxiety of death with our elderly parents in detail.

Presenter: Dr. Maryam Sayyedi

**Elderly LGBTQ people experience  
increased isolation and lack of services.**

SOURCE:

[http://www.ochealthiertogether.org/content/sites/ochca/Local\\_Reports/Kaiser\\_OC\\_Mental\\_Health\\_Convening\\_Summary\\_Report\\_2017-11-17.pdf](http://www.ochealthiertogether.org/content/sites/ochca/Local_Reports/Kaiser_OC_Mental_Health_Convening_Summary_Report_2017-11-17.pdf)

MAY is Mental Health Awareness month. Learn more at [www.eachmindmatters.org](http://www.eachmindmatters.org)

# 7

*“No matter how much it gets abused, the body can restore balance. The first rule is to stop interfering with nature.”*

DEEPAK CHOPRA

Don't let anyone  
Dull  
your

*Sparkle!*

KidshelPhone.ca

## Wellness Webinar: Stress Management using physical activities (OCAPICA)

TIME: 12-1 p.m.  
WHERE: Webinar on Zoom

For further information and to register for this presentation available to the general public, please contact us at OCAPICA at (844) 530-0240. Once registered, an email confirmation will be sent with further information about the Zoom workshop.

O&E staff will provide tips on how to de-stress through physical activities.

## “Healthy Communication during COVID-19 Isolation” Webinar

TIME: 3-3:30 p.m.  
WHERE: Virtual-Zoom

For further information and to register for this webinar training available to the general public, please contact [OE@theprioritycenter.org](mailto:OE@theprioritycenter.org) or call the InfoLine at 1(888) 955-6570. Once registered, a link will be sent with the meeting ID and password for the Zoom webinar.

The O&E Team will be hosting a 30-minute presentation on the benefits of Healthy Communication with family members, friends, and coworkers while being isolated during the COVID-19 pandemic. The facilitators will provide an introduction on communication styles, the differences between non-verbal and verbal communication, and the importance of “I” statements. In addition, the training will briefly review parenting styles and conflict resolution tips.

The facilitators will also offer an additional 30 minutes at the end of the webinar to answer any questions, and conduct one-on-ones for skills-building as needed/requested by participants.

## Grab and Go Event: Madison (Western Youth Services)

TIME: 4:30-5:30 p.m.  
WHERE: Madison Elementary School  
1510 S. Nutwood St.  
Anaheim, CA 92804

For more info contact (714) 399-3474  
Or visit [aesd.org/freemeals](http://aesd.org/freemeals)

WYS O&E will be promoting MHA Month during Anaheim Grab & Go meal distribution events for children and families.

# 7

**A Season of Isolation is When the Caterpillar gets its Wings (Phoenix House)**

TIME: 10 a.m.

WHERE: YouTube

To receive link or more information please email:

[MHAMevents@phoenixhouseca.org](mailto:MHAMevents@phoenixhouseca.org).

Participants are invited to view a YouTube to draw on the parallels between the current “Stay at Home” order, their self-care and how the caterpillar uses a time of isolation to grow and evolve. The video will also provide a DIY segment on how to take care of a caterpillar and build a butterfly sanctuary.

Butterfly kit that include a self-care/caring for the caterpillars’ checklist and a resource guide to support their mental health during the pandemic will be available pick up May 10<sup>th</sup> & 11<sup>th</sup> at 10 a.m. at:

Neutral Ground  
1920 W. 17th St., Suite 202  
Santa Ana, CA 92706

Participants must register to receive address for kit pick-up. Supplies are limited and will be distributed on a first come, first serve basis.

Link to supplies will also be available.

*The  
body Achieves  
That which  
the  
mind believes.*

According to the Kaiser Permanente Orange County Mental Health Convening Summary Report (November 2017), Orange County has experienced over a 10% increase in suicide rates from 1999-2001 to 2011-13, which is the largest among major U.S. counties and exceeds national and state averages, as well as other cities’ averages nationwide. There has been a 45% increase in suicide rates in the past decade.

SOURCE:

[http://www.ochealthiertogether.org/content/sites/ochca/Local\\_Reports/Kaiser\\_OC\\_Mental\\_Health\\_Convening\\_Summary\\_Report\\_2017-11-17.pdf](http://www.ochealthiertogether.org/content/sites/ochca/Local_Reports/Kaiser_OC_Mental_Health_Convening_Summary_Report_2017-11-17.pdf)

MAY is Mental Health Awareness month. Learn more at [www.eachmindmatters.org](http://www.eachmindmatters.org)

# 8

*"If your body's  
not right, the rest  
of your day will  
go all wrong.  
Take care of  
yourself."*

V.L. ALLINEARE

*"Don't you  
ever let a  
soul in the world  
tell you  
that you can't be  
exactly  
WHO YOU ARE."*

**Lady Gaga**

## **Suicide Prevention for LGBTQ+ (APAIT)**

TIME: 5-6:30 p.m.  
WHERE: Webinar Zoom

For further information and to register for this presentation available to the general public, please contact cleoo@apaitonline.org or call APAIT at 1 (714) 636-1349. Once registered, an email confirmation will be sent with further information about the Zoom meeting.

The O&E team will be hosting a 60-minute presentation about LGBTQ+ suicide prevention. The discussion will include information about statistics, protective & risk factors, warning signs, intrapersonal & interpersonal interventions, resources and more. There will also be an additional 30 minutes after the presentation for questions and a discussion.

## **Grab and Go Event: Mann (Western Youth Services)**

TIME: 4:30-5:30 p.m.  
WHERE: Mann Elementary School  
600 W. La Palma Ave.  
Anaheim, CA 92801

For more info contact (714) 399-3474  
Or visit [aesd.org/freemeals](http://aesd.org/freemeals).

WYS O&E will be promoting MHA Month during Anaheim Grab & Go meal distribution events for children and families.

## **The Zones of Regulation (Western Youth Services: BHIS)**

TIME: 12 p.m.-1 p.m.  
WHERE: Zoom

<https://www.eventbrite.com/e/western-youth-services-the-zones-of-regulation-tickets-103266157858>

A workshop for parents, caretakers, teachers, coaches or any other figure in a child's life. This seminar teaches a common language one can use with children to help them understand and communicate their emotional state. This seminar gives families a tool for self-awareness and emotional regulation.

*Self-care isn't selfish*

# 9

**The Virtual LGBTQ Youth Convening 2020**  
**Still We Rise: Evolution Through Education**  
**Theme: Mental Health and Support**

**TIME:** 10-11:45 a.m.

**WHERE:** Zoom Live - Link and access information sent to registered participants: [bit.ly/Convening2020](https://bit.ly/Convening2020)

Contact via email: [tobias.vasquez@lgbtqcenteroc.org](mailto:tobias.vasquez@lgbtqcenteroc.org) or via phone: (714) 953-LGBT (5428) ext. 206 for more information or questions. This is an event organized by the LGBT Center OC.

## DID YOU KNOW?

LESBIAN, GAY, BISEXUAL, TRANSGENDER  
AND QUESTIONING (LGBTQ) YOUTH ARE  
2 TO 3 TIMES MORE LIKELY TO ATTEMPT  
SUICIDE THAN STRAIGHT YOUTH.

SOURCE: [HTTPS://WWW.NAMI.ORG/NAMI/MEDIA/NAMI-MEDIA/INFOGRAPHICS/MULTICULTURALMHFACTS10-23-15.PDF](https://www.nami.org/NAMI/MEDIA/NAMI-MEDIA/INFOGRAPHICS/MULTICULTURALMHFACTS10-23-15.PDF)

*“During times of change and uncertainty it is even more important to take care of our mind and body as best as we can. Self-care techniques like getting exercise and sunlight, connecting with others, and regular sleep can alleviate stress and improve mood in a way that is both powerful and long-lasting.”*

~~Each Mind Matters

MAY is Mental Health Awareness month. Learn more at [www.eachmindmatters.org](http://www.eachmindmatters.org)

11

**Mindfulness Webinar (Wellness Prevention Center)**

TIME: 4-5 p.m.  
WHERE: Online Zoom Webinar  
To register: <https://teentoolbox8.eventbrite.com>

For more information, please email: [fatima@www.wpc-oc.org](mailto:fatima@www.wpc-oc.org)

This presentation with mindfulness instructor, Stacie L. Cooper, Psy.D. will draw from mindfulness and positive psychology research and theories to explore teens' resilience in the face of the COVID-19 crisis with experiences shared by teens around the country.

**Mental Health Awareness Mondays**

TIME: On-going  
WHERE: Latino Health Access Facebook page  
[www.facebook.com/lhaorg/](http://www.facebook.com/lhaorg/)

Latino Health Access will post the following:

1. The OC Health Care Agency's Each Mind Matters video called "What it Means to Wear Lime Green."
2. Sananamente's poster called "Los mitos y la realidad de vivir con un reto de salud mental."
3. Mentalhealth.gov's fact sheets entitled "Mitos y realidades sobre salud mental" and "Mental Health myths and facts."

**Wellness Webinar: Self-Compassion (OCAPICA)**

TIME: 12 – 1 p.m.  
WHERE: Webinar Zoom

For further information and to register for this presentation available to the general public, please contact us at OCAPICA at (844) 530-0240. Once registered, an email confirmation will be sent with further information about the Zoom workshop.

O&E staff will focus on how you can practice self-compassion to achieve balance and peace of mind.

DID YOU  
KNOW?  
  
ADULTS  
LIVING  
WITH  
SERIOUS  
MENTAL  
ILLNESS DIE  
ON  
AVERAGE  
25 YEARS  
EARLIER

1 in 5 children,  
either currently or at some point during their life,  
has had a seriously debilitating mental illness.

SOURCE: <https://www.cdc.gov/mentalhealth/learn/index.htm>

MAY is Mental Health Awareness month. Learn more at [www.eachmindmatters.org](http://www.eachmindmatters.org)

11

You are  
not  
your illness.  
You have a name,  
a history,  
a personality.  
Staying yourself is  
the battle.

**My Culture and My Mental Health (for Spanish speakers)**

TIME: 1 p.m.

WHERE: Zoom Virtual Meeting

Group discussion on how Hispanic culture (or culture in general) can influence one's mental health. Along with the discussion, participants will share 2 things they can do during the COVID-19 situation to help ease anxious feelings and worries that arise. Support Group Leader will also share DIY (Do-It-Yourself) activities participants can do at home to pass the time.

More  
Information:

For more information or to register for the event, please rsvp to:  
<https://www.eventbrite.com/e/mi-cultura-y-mi-salud-mental-tickets-103370431744>  
Council on Aging organizes this event.

## DID YOU KNOW?

An estimated 26% of homeless adults staying in shelters live with serious mental illness and an estimated 46% live with severe mental illness and/or substance use disorders.

SOURCE: U.S. Department of Housing and Urban Development, Office of Community Planning and Development. (2011). *The 2010 Annual Homeless Assessment Report to Congress*. Retrieved January 16, 2015, from <https://www.hudexchange.info/resources/documents/2010HomelessAssessmentReport>

MAY is Mental Health Awareness month. Learn more at [www.eachmindmatters.org](http://www.eachmindmatters.org)

# 12

## Exercise and Mental Health (for English Speakers)

TIME: 10-11 a.m.  
WHERE: Zoom Meeting  
<https://us04web.zoom.us/j/77266218557p>

This class will focus on identifying what Mental Health is and how the participants define MH and will educate correct breathing methods and strengthening exercises that could be done in the home or anywhere. This activity will allow the participants to empower themselves when they feel depressed and anxious.

**More Information:** For more information or to register for the event, please email [ctranle@coasc.org](mailto:ctranle@coasc.org). Council on Aging organizes this event.

mental illnesses  
are

*not*  
adjectives

## “Stress Management and Safety Planning” Webinar

TIME: 11 - 11:30 a.m.  
WHERE: Virtual-Zoom

For further information and to register for this webinar, please contact [OE@theprioritycenter.org](mailto:OE@theprioritycenter.org) or call the InfoLine at 1(888) 955-6570. Once registered, a link will be sent with the meeting ID and password for the Zoom webinar.

The O&E Team will be hosting a 30-minute presentation on the benefits of working on stress management for optimal mental health during Mental Health Awareness Month, with an emphasis on social isolation during the COVID-19 pandemic. The presentation will offer stress and anger management tips, and resources available at this time for safety and suicide prevention. The facilitators will also offer an additional 30 minutes at the end of the webinar to answer any questions, and conduct one-on-ones for skills-building as needed/requested by participants.

**LGBTQ individuals are 2 or more times more likely as straight individuals to have a mental health condition.**

SOURCE: <https://www.nami.org/NAMI/media/NAMI-Media/Infographics/MulticulturalMHFacts10-23-15.pdf>

MAY is Mental Health Awareness month. Learn more at [www.eachmindmatters.org](http://www.eachmindmatters.org)

# 12

“In the midst of  
chaos, there is  
also opportunity.”

SUN TSU

## Connecting in Isolation (Western Youth Services)

TIME: 2-3 p.m.

WHERE: Zoom

To register:

<https://www.eventbrite.com/e/connecting-in-isolation-mha-tickets-103359966442>

In this workshop, learn new ways to connect with your community, families and friends by using technology and other methods of communication.

For additional information please contact:

Yeslee Fuentes, Lead Outreach & Engagement Specialist (949) 680-0962. Email: [yeslee.fuentes@wysoc.org](mailto:yeslee.fuentes@wysoc.org)

Pain isn't always obvious. Most people thinking  
about suicide show some signs that they need help.

If you see even one warning sign,  
step in or speak up.

Take the time to learn what to do now so you're  
ready to be there for a friend or loved one when it  
matters most.

Learn more: [www.SuicideIsPreventable.org](http://www.SuicideIsPreventable.org)

# 13

Never let the opinions of others become the measure of your self-worth.

## NAMI-OC “Happy” Hour: Dance is not Cancelled

TIME: 5 - 6 p.m.

WHERE: [Zoom meeting - https://us02web.zoom.us/j/83488196754](https://us02web.zoom.us/j/83488196754)

Please RSVP on Eventbrite:

<https://www.eventbrite.com/e/nami-orange-countys-happy-hour-tickets-102942796676>

Live performance by musicians to promote music therapy and body movement.

The Orange County Outreach and Engagement (O+E)

Collaborative will be distributing Mental Health Awareness material to participants.

## Mental Health 101 (Western Youth Services)

TIME: 12-1 p.m.

WHERE: Zoom

To register:

<https://www.eventbrite.com/e/mental-health-101-mha-tickets-103360329528>

A webinar to reduce the stigma on Mental Health and to greater understand, support, and encourage family and friends that struggle with a Mental Health diagnosis.

For additional information please contact:

Yeslee Fuentes, Lead Outreach & Engagement Specialist (949) 680-0962. Email: [yeslee.fuentes@wysoc.org](mailto:yeslee.fuentes@wysoc.org)

## Zonas Para Padres (Western Youth Services: BHIS)

TIME: 2-3 p.m.

WHERE: Zoom

<https://www.eventbrite.com/e/western-youth-services-zonas-para-padres-tickets-103267754634>

La presentación es guiada a los padres, tutores, entrenadores, y cualquier otra persona en la vida de un niño. Esta presentación nos asiste la familia podrá tener herramientas para tener conciencia de sí mismo y regular emociones.

“When ‘I’ is replaced by ‘we’  
even ‘illness’ becomes ‘wellness.’”

--Malcom X

MAY is Mental Health Awareness month. Learn more at [www.eachmindmatters.org](http://www.eachmindmatters.org)

# 13

“Mental health needs a great deal of attention. It’s the final taboo and it needs to be faced and dealt with.”

ADAM ANT

## Wellness Wednesday (The Cambodian Family)

TIME: 10-11 a.m.

WHERE: Virtual via YouTube

Please contact Sreyroth Loa to register at [sreyrothl@cambodianfamily.org](mailto:sreyrothl@cambodianfamily.org). For more information, please call us at (714) 561-2589

CamFam Case Manager will debut and invite others to view YouTube Wednesday Wellness video.

## Professional Network Exchange (OCAPICA)

TIME: 9-10:30 a.m.

WHERE: Webinar Zoom

For further information and to register for this presentation available to the general public, please contact OCAPICA at (844) 530-0240. Once registered, an email confirmation will be sent with further information about the Zoom workshop.

The Orange County Outreach and Engagement (O+E) Collaborative will be distributing Mental Health Awareness material to participants.

## DID YOU KNOW?

Approximately 1 in 25 adults in the U.S.—9.8 million, or 4%—experience a serious mental illness in a given year that substantially interferes with or limits one or more major life activities.

**SOURCE:** Serious Mental Illness (SMI) Among Adults. (n.d.). Retrieved October 23, 2015, from <http://www.nimh.nih.gov/health/statistics/prevalence/serious-mental-illness-smi-among-us-adults.shtml>

# 13

## Celebrating Ramadan during the COVID-19 pandemic (Phoenix House)

TIME: 8 a.m.  
WHERE: YouTube

To receive link or more information please email:  
[MHAMevents@phoenixhouseca.org](mailto:MHAMevents@phoenixhouseca.org)

Elementary students will be invited to participate in an interactive Zoom meeting where they will receive tips on how to take care of their mental health while fasting, complete a journal entry, listen to the book “Ramadan around the World” and an overview of the “Celebrating Ramadan during COVID-19 pandemic” kit.

Kits that include a workbook geared towards recognizing and normalizing feelings of disappointment as Ramadan this year will be different given the “Stay at Home” order, a list of self-care tips, a resource guide to help support their mental health during the pandemic and two DIY activities will be available for pick up on **May 15th** at:

Masjid Al Ansar Mosque  
1717 S. Brookhurst St.  
Anaheim, CA 92804

Participants must register to receive address for kit pick-up. Supplies are limited and will be distributed on a first come, first serve basis.

PDF workbooks will also be available.

We ALL  
Have mental health, just  
like physical health.

Our minds  
Deserve the same  
attention as our bodies.

#EachMindMatters

## DID YOU KNOW?

11% of transgender individuals reported being denied care by mental health clinics due to bias or discrimination.

SOURCE: <https://www.nami.org/NAMI/media/NAMI-Media/Infographics/MulticulturalMHFacts10-23-15.pdf>

MAY is Mental Health Awareness month. Learn more at [www.eachmindmatters.org](http://www.eachmindmatters.org)

# 14

“Health  
is a state  
of body.”

Wellness  
is a state of  
being.”

J. STANFORD

## Identifying, describing and managing concussion and Traumatic Brain Injury (TBI). (OMID)

TIME: Contact OMID for link

WHERE: Webinar on Zoom

For further information and to register for this presentation available to the general public, please call OMID at 1 (949) 502-4721 or email Sara at [skachineh@omidinstitute.org](mailto:skachineh@omidinstitute.org). Once registered, an email confirmation will be sent with further information about the Zoom meeting.

## Grab and Go Event: Marshall Elementary School (Western Youth Services)

TIME: 4:30-5:30 p.m.

WHERE: Marshall Elementary School  
2066 W. Falmouth Ave.  
Anaheim, CA 92801

For more info contact (714) 399-3474  
Or visit [aesda.org/freemeals](http://aesda.org/freemeals).

WYS O&E will be promoting MHA Month during Anaheim Grab & Go meal distribution events for children and families.

## Nourish to Flourish (Western Youth Services)

TIME: 1-2 p.m.

WHERE: Zoom

To register

<https://www.eventbrite.com/e/nourish-to-flourish-mha-tickets-103360530128>

In this webinar, learn to nurture the relationship you have with yourself by finding your wonderful traits and characteristics, increasing positive self-talk, and understanding what self-care activities work for you.

For additional information please contact: Yeslee Fuentes, Lead Outreach & Engagement Specialist (949)680-0962. Email: [yeslee.fuentes@wysoc.org](mailto:yeslee.fuentes@wysoc.org)

You can cure stigma with compassion,  
empathy and understanding.

# 14

*“Wellness encompasses a healthy body, a sound mind and a tranquil spirit. Enjoy the journey as you strive for wellness.”*

LAURETTE GAGNON  
BEAULIEU

## “Time Management and Self-Care during COVID-19 Isolation” Webinar

TIME: 11 - 11:30 a.m.

WHERE: Virtual-Zoom

For further information and to register for this webinar, please contact [OE@theprioritycenter.org](mailto:OE@theprioritycenter.org) or call the InfoLine at 1(888) 955-6570. Once registered, a link will be sent with the meeting ID and password for the Zoom webinar.

The O&E Team will be hosting a 30-minute presentation on the benefits of practicing time management for optimal mental health during Mental Health Awareness Month, with an emphasis on social isolation during the COVID-19 pandemic. The presentation will include how to deal with changes in the workplace, tips for working from home while minimizing distractions, along with coping tips and resources available at this time for support.

The facilitators will also offer an additional 30 minutes at the end of the webinar to answer any questions, and conduct one-on-ones for skill buildings as needed/requested by participants.



**THANK YOU**  
TO ALL VETERANS  
— AND THOSE —  
CURRENTLY SERVING  
— IN THE ARMED FORCES —

MAY is Mental Health Awareness month. Learn more at [www.eachmindmatters.org](http://www.eachmindmatters.org)

# 15

## Stigma, Sex & Society (APAIT)

TIME: 5 – 6:30 p.m.

WHERE: Webinar on Zoom

"LGB youth reported a higher use of methamphetamine and cocaine during their lifetime than their non-LGB peers (6.3% versus 2.4%) with transgender youth reporting a similar disparity (11.6% versus 2.6%)."

SOURCE:

<https://www.chapman.edu/education/files/research/oc-lgbt-narrative.pdf>

Presenter: Darby

For further information and to register for this presentation available to the general public, please contact [darbyo@apaitonline.org](mailto:darbyo@apaitonline.org) or call APAIT at 1 (714) 636-1349.

Once registered, an email confirmation will be sent with further information about the Zoom meeting.

The O&E team will be hosting a 90-minute presentation titled "Stigma, Sex & Society." The presentation will provide information and a safe virtual space to discuss internal and external stigmas about sex, relationships, sexual orientations, and kinks in the Queer and Trans Communities. There will also be an additional 30 minutes after the presentation for questions and a discussion.



LGBTQ teens are **six** times more likely to experience symptoms of **depression** than their heterosexual counterparts.

SOURCE: Anxiety and Depression Association of America *that reads:* LGBTQ+ teens are six times more likely to experience symptoms of depression than their heterosexual counterparts.  
Web-link: <https://adaa.org/lgbtq-communities#Facts>

MAY is Mental Health Awareness month. Learn more at [www.eachmindmatters.org](http://www.eachmindmatters.org)

# 15

The last of the human freedoms: to choose one's attitude in any given set of circumstances, to choose one's own way.

Victor Frankl, Austrian neurologist and Holocaust survivor, author of [\*Man's Search for Meaning\*](#)

## Grab and Go Event: Roosevelt Elementary School (Western Youth Services)

TIME: 4:30-5:30 p.m.  
WHERE: Roosevelt Elementary School  
1010 S. Harbor Blvd.  
Anaheim, CA 92805

For more info contact (714) 399-3474  
Or visit [aesd.org/freemeals](http://aesd.org/freemeals).

WYS O&E will be promoting MHA Month during Anaheim Grab & Go meal distribution events for children and families.

AMONG THE 20.2 MILLION ADULTS IN  
THE U.S. WHO EXPERIENCED A  
SUBSTANCE USE DISORDER, 50.5%  
— 10.2 MILLION ADULTS —  
HAD A CO-OCCURRING MENTAL  
ILLNESS.

SOURCE: SAMHSA, Results from the 2014 National Survey on Drug Use and Health: Mental Health Findings, NSDUH Series H-50, HHS Publication No. (SMA) 15-4927. Rockville, MD: Substance Abuse and Mental Health Services Administration. (2015).

# 16

**The ultimate measure of a man is not where he stands in moments of comfort and convenience but where he stands in times of challenge and controversy.**

Martin Luther King Jr.

**The Virtual LGBTQ Youth Convening 2020**  
**Still We Rise: Evolution Through Education**  
**Theme: Education**

**TIME:** 10 - 11:45 a.m.

**WHERE:** Zoom Live - Link and access information sent to registered participants: [bit.ly/Convening2020](https://bit.ly/Convening2020)

Contact via email: [tobias.vasquez@lgbtqcenteroc.org](mailto:tobias.vasquez@lgbtqcenteroc.org) or via phone: (714) 953-LGBT (5428) ext. 206 for more information or questions. This is an event organized by the LGBT Center OC.

"Lifetime use of alcohol was higher for LGB youth (41.9%) than for their non-LGB peers (21.2%). Transgender youth also showed a higher rate (38.3%) than non-transgender youth (22.1%)."

SOURCE: <https://www.chapman.edu/education/files/research/oc-lgbt-narrative.pdf>

# 18~22

**Who's Got Game. Positive Action Showdown. (Phoenix House)**

TIME: 11 a.m. May 18-22, 2020

WHERE: Virtual-Zoom

*"Worry is like a  
rocking chair:  
It gives you something  
to do but never gets you  
anywhere,"*

Erma Bombeck.

To receive link or more information please email:  
[MHAMEvents@phoenixhouseca.org](mailto:MHAMEvents@phoenixhouseca.org)

4<sup>th</sup>- 6<sup>th</sup> graders will have the opportunity to learn positive coping skills through play. Every day during the week of May 18th BHIS staff will host virtual Positive Pictionary, Read my Lips-Positive Action phrases and or Positive Action Scrabble. Kids will be grouped and encouraged to work together.



In support of Mental Health Awareness Month in May, please visit the Each Mind Matters website at <https://www.eachmindmatters.org/> to learn about Mental Health Matters, educational resources that are available, and how you can support mental health for all. This year's theme for Mental Health Awareness Month is "Express Yourself." Learn about ways that you can express yourself in showing support throughout Mental Health Awareness Month by viewing the monthly activity guide at: <https://www.eachmindmatters.org/wp-content/uploads/2020/04/MHMM-2020-Online-Activity-Guide.pdf>

MAY is Mental Health Awareness month. Learn more at [www.eachmindmatters.org](http://www.eachmindmatters.org)

# 18

## FOR MENTAL HEALTH & SUBSTANCE USE DISORDER RESOURCES AND SERVICES

<https://occcovid19.ochealthinfo.com/mental-health-support>

### Mental Health Scavenger Hunt

TIME: All Day

WHERE: Instagram

CONNECT-OC will be organizing a Mental Health Awareness Scavenger Hunt on Instagram. This will include and encourage participation from the TAY population and community partners. The event will seek to promote increased knowledge of available mental health resources by participants.

You can find CONNECT-OC on Instagram @connect\_oc

If you would like to take part in the Mental Health Virtual Scavenger Hunt please contact Blair Veraza [bveraza@ncaddoc.org](mailto:bveraza@ncaddoc.org) for information and ways to be involved before May 11, 2020. This event is organized by National Council on Alcoholism & Drug Dependence OC.

### Depression and Anxiety in children and adolescents. (FARSI) (OMID)

TIME: Recorded Zoom Webinar

Please call OMID at 1 (949) 502-4721 or email Sara at [skachineh@omidinstitute.org](mailto:skachineh@omidinstitute.org).

WHERE: Webinar on Zoom

For further information and to register for this presentation available to the general public, please call OMID at 1 (949) 502-4721 or email Sara at [skachineh@omidinstitute.org](mailto:skachineh@omidinstitute.org). Once registered, an email confirmation will be sent with further information about the Zoom meeting.

## DID YOU KNOW?

1 IN 5 YOUTH (AGES 13-18) EXPERIENCES SEVERE MENTAL DISORDERS IN A GIVEN YEAR.

SOURCE: <https://www.cdc.gov/childrensmentalhealth/features/kf-childrens-mental-health-report.html>

MAY is Mental Health Awareness month. Learn more at [www.eachmindmatters.org](http://www.eachmindmatters.org)

18

FOR MORE  
RESOURCES  
VISIT



<https://mental-wellness.bewelloc.org/>

**Mental Health Awareness Mondays**

TIME: Ongoing  
WHERE: Latino Health Access Facebook page  
[www.facebook.com/lhaorg/](http://www.facebook.com/lhaorg/)

Latino Health Access will post the following:

1. The OC Health Care Agency's Each Mind Matters video called "What it Means to Wear Lime Green."
2. Sananamente's poster called "Los mitos y la realidad de vivir con un reto de salud mental."
3. Mentalhealth.gov's fact sheets entitled "Mitos y realidades sobre salud mental" and "Mental Health myths and facts."

**Zonas Para Padres (Zones in Spanish)**

TIME: 3-4 p.m.  
WHERE: Zoom  
Para registrarse  
<https://www.eventbrite.com/e/zones-of-regulation-for-parents-spanish-mha-tickets-103360935340>

Durante esta presentación, repasaremos las cuatro zonas de color e identificaremos las emociones y el estado de alerta debajo de cada zona.

For additional information please contact: Yeslee Fuentes, Lead Outreach & Engagement Specialist (949) 680-0962. Email: [yeslee.fuentes@wysoc.org](mailto:yeslee.fuentes@wysoc.org). This event is organized by Western Youth Services.

DID YOU KNOW?

1 IN 4 ADULTS EXPERIENCES  
MENTAL ILLNESS IN A GIVEN  
YEAR.

# 19

Published studies  
report that about  
25%  
of all U.S. adults  
have a mental  
illness.

SOURCE: [CDC: U.S. Adult  
Mental Illness Surveillance  
Report](#)

## Finding Peace During Difficult Times (Western Youth Services)

TIME: 4-5 p.m.

WHERE: Zoom

To register:

<https://www.eventbrite.com/e/mind-full-or-mindful-mha-tickets-103361039652>

In this workshop we will be talking about how to reframe our problems and tweak our schedules to reduce stress in our daily lives.

For additional information please contact: Yeslee Fuentes, Lead Outreach & Engagement Specialist (949) 680-0962. Email: [yeslee.fuentes@wysoc.org](mailto:yeslee.fuentes@wysoc.org)

## Wellness Webinar: Conflict Management (OCAPICA)

TIME: 12-1 p.m.

WHERE: Webinar on Zoom

For further information and to register for this presentation available to the general public, please contact us at OCAPICA at (844) 530-0240. Once registered, an email confirmation will be sent with further information about the Zoom workshop.

O&E staff will share how to manage and deal with conflict in everyday settings.

## Did you know?

**The average delay between onset of symptoms and  
intervention is 8-10 years.**

SOURCE: <https://www.nami.org/NAMI/media/NAMI-Media/Infographics/Children-MH-Facts-NAMI.pdf>

MAY is Mental Health Awareness month. Learn more at [www.eachmindmatters.org](http://www.eachmindmatters.org)

# 20

## Growing with Plants (Western Youth Services)

TIME: 3-4 p.m.

WHERE: Zoom

To register:

<https://www.eventbrite.com/e/growing-with-plants-mha-tickets-103361125910>

Growing with Plants workshop provides simple techniques to start a garden using different objects around the house, how to start a compost at home, and soil properties that help plants grow. Gardening has been used as a coping skill to help us with stress or anxiety. We discuss the therapeutic benefits of starting our garden, common traits we share with nature, and the lessons nature teaches us.

For additional information please contact: Yeslee Fuentes, Lead Outreach & Engagement Specialist (949) 680-0962. Email: [yeslee.fuentes@wysoc.org](mailto:yeslee.fuentes@wysoc.org)

I'M STILL

ME

NO MATTER MY  
MENTAL HEALTH.

NIKI MCBAIN

## “Mental Health 101: Self-Care and Coping Tips during COVID-19” Webinar

TIME: 1:30-2 p.m.

WHERE: Virtual-Zoom

For further information and to register for this webinar, please contact [OE@theprioritycenter.org](mailto:OE@theprioritycenter.org) or call the InfoLine at 1(888) 955-6570. Once registered, a link will be sent with the meeting ID and password for the Zoom webinar.

The O&E Team will be hosting a 30-minute presentation on the benefits of practicing self-care for optimal mental health during Mental Health Awareness Month, with an emphasis on social isolation during the COVID-19 pandemic, along with mindfulness coping tips, and resources available at this time. The facilitators will also offer an additional 30 minutes at the end of the webinar to answer any questions, and conduct one-on-ones for skills-building as needed/requested by participants.

## Wellness Wednesday (OCAPICA)

TIME: 12-1 p.m.

WHERE: Virtual via Zoom. Please contact Lorraine Tuala at [ltuala@ocapica.org](mailto:ltuala@ocapica.org) to register.

OCAPICA O&E staff will provide an educational workshop on balancing wellness in various aspects of your life. For more information, please call (844) 530-0240.

MAY is Mental Health Awareness month. Learn more at [www.eachmindmatters.org](http://www.eachmindmatters.org)

# 20

## Coping Skills (Western Youth Services)

TIME: 12-1 p.m.

WHERE: Zoom

<https://www.eventbrite.com/e/western-youth-services-coping-skills-tickets-103270709472>

In this workshop, learn various coping skills to help with difficult feelings at home, school and in the community.

## Self-esteem and Self-care (OMID)

TIME: Recorded Zoom Webinar  
Call or email OMID for Link.

WHERE: Webinar on Zoom: How to maintain self-esteem and how to practice Self-care.

For further information and to register for this presentation, please call OMID at 1 (949) 502-4721 or email Sara at [skachineh@omidinstitute.org](mailto:skachineh@omidinstitute.org). Once registered, an email confirmation will be sent with further information about the Zoom recording.

### *Wellness*

*is a connection of  
paths:*

*Knowledge and  
action.*

JOSHUA WELCH

## Wellness Webinar: Healthy Relations (OCAPICA)

TIME: 12-1 p.m.

WHERE: Webinar on Zoom

For further information and to register for this presentation, please contact OCAPICA at (844) 530-0240. Once registered, an email confirmation will be sent with further information about the Zoom workshop.

## NAMI-OC “Happy” Hour: Poetry is not Cancelled

TIME: 5-6 p.m.

WHERE: Zoom meeting

<https://us02web.zoom.us/j/83488196754>

Please RSVP on Eventbrite:

<https://www.eventbrite.com/e/nami-orange-countys-happy-hour-tickets-102942796676>

Poetry reading to inspire. Inviting participants to share their own poems for engagement. The Orange County Outreach and Engagement (O+E) Collaborative will be distributing Mental Health Awareness material to participants.

MAY is Mental Health Awareness month. Learn more at [www.eachmindmatters.org](http://www.eachmindmatters.org)

# 21

## *Wellness is the natural state of my body.*

LOUISE HAY

### **Grab and Go Event: Ross Elementary School (Western Youth Services)**

TIME: 4:30-5:30 p.m.  
WHERE: Ross Elementary School  
535 S. Walnut St.  
Anaheim, CA 92802  
For more info contact (714) 399.3474  
Or visit [aesd.org/freemeals](http://aesd.org/freemeals).

WYS O&E will be promoting MHA Month during Anaheim Grab & Go meal distribution events for children and families.

### **Wellness Webinar: Coping Skills (OCAPICA)**

TIME: 12-1 p.m.  
WHERE: Webinar on Zoom

For further information and to register for this presentation, please contact OCAPICA at (844) 530-0240. Once registered, an email confirmation will be sent with further information about the Zoom workshop.

Want to add more tools in your emotional toolbox? Come and join us to learn more!

### **Mind Full or Mindful (Western Youth Services)**

TIME: 10-11 a.m.  
WHERE: Zoom  
To register:  
<https://www.eventbrite.com/e/mind-full-or-mindful-mha-tickets-103361105850>

Let's de-clutter our mind, and tune in to the present moment. Learn how to treat yourself with kindness, compassion and acceptance. This workshop will focus on what mindfulness is and why it is imperative to our mental health. We will teach you coping skills, techniques to relax, and guide you through a soothing meditation. Join this mindfulness training and enhance your connectedness to your inner self!

For additional information please contact:  
Yeslee Fuentes, Lead Outreach & Engagement Specialist (949) 680-0962. Email: [yeslee.fuentes@wysoc.org](mailto:yeslee.fuentes@wysoc.org)

# 21

## Exercise and Mental Health (for English Speakers)

TIME: Thursday  
10-11 a.m.  
WHERE: Zoom Virtual Meeting  
<https://us04web.zoom.us/j/74413847722>

This class will focus on identifying what Mental Health is and how the participants define MH and will educate correct breathing methods and strengthening exercises that could be done in the home or anywhere. This activity will allow the participants to empower themselves when they feel depressed and anxious.

More Information: For more information or to register for the event, please email [ctranle@coasc.org](mailto:ctranle@coasc.org). Event organized by Council of Aging.

In 2015, 12.3% of adolescents in California, aged 12 to 17 years, had a least one major depressive episode while in the U.S. the number was 11.9%. Overall, both proportions were higher than previous years between 2005 to 2013 (ranging from 8.8% to 11.4%).

SOURCE: Substance Abuse and Mental Health Administration (2015). 2015 National Survey on Drug Use and Health. The 24<sup>th</sup> Annual Report on the Conditions of Children in Orange County.

# 22

## Intimate Partner Violence (APAIT)

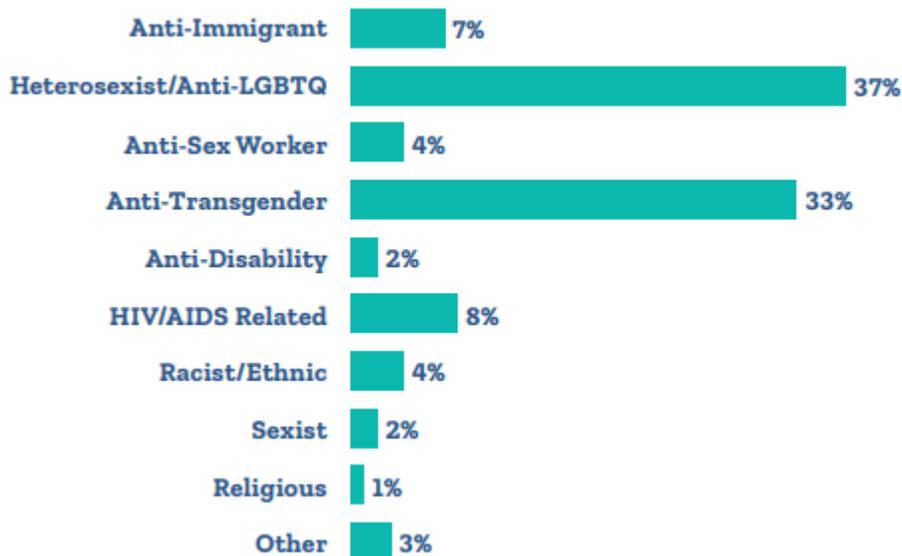
TIME: 5–6:30 p.m.  
WHERE: Webinar on Zoom

For further information and to register for this presentation, please contact [cleo@apaitonline.org](mailto:cleo@apaitonline.org) or call APAIT at 1 (714) 636-1349. Once registered, an email confirmation will be sent with further information about the Zoom meeting.

The O&E Team will be hosting a 60-minute presentation about Intimate Partner Violence (IPV) within the LGBTQ+ community. The discussion will include information about statistics, IPV components, warning signs, intrapersonal and interpersonal interventions, resources and more. There will also be an additional 30 minutes after the presentation for questions and a discussion.

Presenter: Cleo

### Types of Bias in Reported Intimate Partner Violence in 2017



SOURCE: National Report on LGBTQ & HIV-Affected Violence in 2017. Report can be found at: <http://avp.org/wp-content/uploads/2019/01/NCAVP-HV-IPV-2017-report.pdf>

MAY is Mental Health Awareness month. Learn more at [www.eachmindmatters.org](http://www.eachmindmatters.org)

22

**Grab and Go Event: Ponderosa Elementary School (Western Youth Services)**

TIME: 4:30-5:30 p.m.  
WHERE: Ponderosa Elementary School  
2135 S. Mountain View  
Anaheim, CA 92802

For more info contact (714) 399-3474  
Or visit [aesd.org/freemeals](http://aesd.org/freemeals).

WYS O&E will be promoting MHA Month during Anaheim  
Grab & Go meal distribution events for children and families.

**DID YOU KNOW?**

**60% OF ADULTS WITH A MENTAL  
ILLNESS RECEIVED NO SERVICES IN THE  
PREVIOUS YEAR**

SOURCE: <https://www.nami.org/NAMI/media/NAMI-Media/Infographics/GeneralMHFacts.pdf>

# 23

**The Virtual LGBTQ Youth Convening 2020**  
**Still We Rise: Evolution Through Education**  
**Theme: Empowerment**

**TIME:** 10-11:45 a.m.

**WHERE:** Zoom Live - Link and access information sent to registered participants: [bit.ly/Convening2020](https://bit.ly/Convening2020)

Contact via email: [tobias.vasquez@lgbtqcenteroc.org](mailto:tobias.vasquez@lgbtqcenteroc.org) or via phone: (714) 953-LGBT (5428) ext. 206 for more information or questions. This is an event organized by the LGBT Center OC.

"When asked 'Did you seriously consider attempting suicide during the past 12 months?'

45.8% of LGB youth reported that they had seriously considered attempting suicide versus 13.5% of their non-LGB peers.

Similar results were found for transgender youth, with 49.2% admitting to having seriously considered suicide versus 15.2% of non-transgender youth.

When translated into real numbers, this indicates that in one year in Orange County approximately 7,065 middle school and high school LGBT youth seriously considered attempting suicide."

SOURCE: <https://www.chapman.edu/education/files/research/oc-lgbt-narrative.pdf>

MAY is Mental Health Awareness month. Learn more at [www.eachmindmatters.org](http://www.eachmindmatters.org)

25

“there is  
*nothing*  
to be  
embarrassed  
about.”

ISAIAH WILKINS

**Zones for Parents (Western Youth Services)**

TIME: 3-4 p.m.

WHERE: Zoom

To register:

<https://www.eventbrite.com/e/zones-of-regulation-for-parents-mha-tickets-103360985490>

During this presentation we will go over the four color zones and identify emotions and state of alertness under each zone. For additional information please contact: Yeslee Fuentes, Lead Outreach & Engagement Specialist (949) 680-0962. Email: [yeslee.fuentes@wysoc.org](mailto:yeslee.fuentes@wysoc.org)

**Wellness Webinar: Mindfulness (OCAPICA)**

TIME: 12-1 p.m.

WHERE: Webinar on Zoom

For further information and to register for this presentation available to the general public, please contact us at OCAPICA at (844) 530-0240. Once registered, an email confirmation will be sent with further information about the Zoom workshop.

How to stay present and be in the moment? We encourage you to join us to learn more about mindfulness!

**Mental Health Awareness Mondays**

TIME: Ongoing

WHERE: Latino Health Access Facebook page  
[www.facebook.com/lhaorg/](http://www.facebook.com/lhaorg/)

Latino Health Access will post the following:

1. The OC Health Care Agency’s Each Mind Matters video called “What it Means to Wear Lime Green.”
2. Sananamente’s poster called “Los mitos y la realidad de vivir con un reto de salud mental.”
3. Mentalhealth.gov’s fact sheets entitled “Mitos y realidades sobre salud mental” and “Mental Health myths and facts.”

A friend from school appears withdrawn and you’re not quite sure if they have been considering self-harm.

Do you know the best way to support them?

[WWW.SUICIDEISPREVENTABLE.ORG](http://WWW.SUICIDEISPREVENTABLE.ORG)

MAY is Mental Health Awareness month. Learn more at [www.eachmindmatters.org](http://www.eachmindmatters.org)

# 26

## Connecting in Isolation (Western Youth Services)

TIME: 2-3 p.m.

WHERE: Zoom

To register

<https://www.eventbrite.com/e/connecting-in-isolation-mha-tickets-103360265336>

In this workshop, learn new ways to connect with your community, families and friends by using technology and other methods of communication.

For additional information please contact:

Yeslee Fuentes, Lead Outreach & Engagement Specialist (949) 680-0962. Email: [yeslee.fuentes@wysoc.org](mailto:yeslee.fuentes@wysoc.org)

**70-90% report improved quality of life after receiving support and treatment.**

SOURCE: <https://up2sd.org>

## “Stress Management and Safety Planning” Webinar

TIME: 11-11:30 a.m.

WHERE: Virtual-Zoom

For further information and to register for this webinar, please contact [OE@theprioritycenter.org](mailto:OE@theprioritycenter.org) or call the InfoLine at 1(888) 955-6570. Once registered, a link will be sent with the meeting ID and password for the Zoom webinar.

The O&E Team will be hosting a 30-minute presentation on the benefits of practicing stress management for optimal mental health during Mental Health Awareness Month, with an emphasis on social isolation during the COVID-19 pandemic. The presentation will focus on stress and anger management tips, and resources available at this time for safety and suicide prevention. The facilitators will also offer an additional 30 minutes at the end of the webinar to answer any questions, and conduct one-on-ones for skills-building as needed/requested by participants.

**“People, even more than things, have to be restored, renewed, revived, reclaimed and redeemed. Never throw anyone out.”**

~~Audrey Hepburn

# 26

The most violent  
element in  
society is  
ignorance.

EMMA GOLDMAN

## Wellness Webinar: Mindfulness (OCAPICA)

TIME: 12-1 p.m.

WHERE: Virtual via Zoom

How to stay present and be in the moment? We encourage you to join us to learn more about mindfulness with OCAPICA O&E team!

Please contact Lorraine Tuala at [ltuala@ocapica.org](mailto:ltuala@ocapica.org) to register. For more information, please call (844) 530-0240.

## Meditation (OMID)

TIME: Recorded Zoom Webinar

Call or email for link: 1 (949) 502-4721 or email Sara at [skachineh@omidinstitute.org](mailto:skachineh@omidinstitute.org).

WHERE: Webinar on Zoom

For further information and to register for this presentation available to the general public, please call OMID at 1 (949) 502-4721 or email Sara at [skachineh@omidinstitute.org](mailto:skachineh@omidinstitute.org). Once registered, an email confirmation will be sent with further information about the Zoom meeting.

What is meditation and how it effects our brains, the types and benefits of meditation.

Presenter: Sara Afsharpour, AMFT

## Comedy Night with Adam Grabowski

TIME: 8 p.m.

WHERE: Virtual via Zoom

<https://bit.ly/AGMAY>

Comedian and mental health advocate, Adam Grabowski, empowers students to talk about their own experiences and mental health.

For more information, please contact [fatima@www.wpc-oc.org](mailto:fatima@www.wpc-oc.org)

*"Staying quiet doesn't mean I have nothing to say;  
it means, I don't think you're ready to hear my thoughts."*

--ANONYMOUS

MAY is Mental Health Awareness month. Learn more at [www.eachmindmatters.org](http://www.eachmindmatters.org)

27

Suicide  
is the  
3<sup>rd</sup> leading  
cause  
of death  
for ages  
15-24.

Source: CDC/Adolescent  
Health

**Mental Health 101 (Western Youth Services)**

TIME: 7-8 p.m.

WHERE: Zoom

To register:

<https://www.eventbrite.com/e/mental-health-101-mha-tickets-103360453900>

A webinar to reduce the stigma on Mental Health and to greater understand, support, and encourage family and friends that struggle with a Mental Health diagnosis.

For additional information please contact:

Yeslee Fuentes, Lead Outreach & Engagement Specialist (949) 680-0962. Email: [yeslee.fuentes@wysoc.org](mailto:yeslee.fuentes@wysoc.org)

**Mental Health Awareness Month Celebration (Western Youth Services)**

TIME: 1-2 p.m.

WHERE: Zoom

<https://www.eventbrite.com/e/western-youth-services-mental-health-awareness-month-celebration-tickets-103271539956>

A Zoom drop-in celebration of Mental Health Awareness Month with a discussion surrounding Mental Health Awareness and Social Emotional Learning. The celebration will include a Zoom skit: A Friend In Need.

**Wellness Webinar: Decluttering your life (OCAPICA)**

TIME: 12-1 p.m.

WHERE: Virtual via Zoom

What does decluttering really mean? Come find out what you can do to create the space of your dreams with the OCAPICA team!

Please contact Lorraine Tuala at [ltuala@ocapica.org](mailto:ltuala@ocapica.org) to register. For more information, please call (844) 530-0240.

In 2017, the prevalence of any mental illness (AMI) among U.S. adults was higher among women (22.3%) than men (15.1%).

MAY is Mental Health Awareness month. Learn more at [www.eachmindmatters.org](http://www.eachmindmatters.org)

27

**POOR MENTAL  
HEALTH  
INCREASES THE  
RISK FOR LONG-  
LASTING  
(CHRONIC)  
PHYSICAL  
CONDITIONS  
LIKE HEART  
DISEASE,  
STROKE AND  
CANCER.**

**NAMI-OC “Happy” Hour: Self-Care is not Cancelled**

TIME: 5-6 p.m.

WHERE: Zoom meeting

<https://us02web.zoom.us/j/83488196754>

Please RSVP on Eventbrite:

<https://www.eventbrite.com/e/nami-orange-countys-happy-hour-tickets-102942796676>

Sound bath and meditation to promote self-care and healing. The Orange County Outreach and Engagement (O+E) Collaborative will be distributing Mental Health Awareness material to participants.

**Wellness Webinar: Decluttering your life (OCAPICA)**

TIME: 12-1 p.m.

WHERE: Webinar on Zoom

For further information and to register for this presentation, please contact us at OCAPICA at (844) 530-0240. Once registered, an email confirmation will be sent with further information about the Zoom workshop.

What does decluttering really mean? Come find out what you can do to create the space of your dreams!

**A Season of Isolation is When the Caterpillar gets its Wings (Phoenix House)**

TIME: 11 a.m.

WHERE: Los Alisos Intermediate School

25171 Moor Avenue, Mission Viejo, CA 92691

Students will be invited to receive a Butterfly kit; it includes a self-care/caring for the caterpillars checklist and a resource guide to help support their mental health during the COVID-19 pandemic.

It will also include an invitation for a follow-up YouTube video where recipients will have the opportunity to view a DIY on how to take care of the caterpillar and build the butterfly sanctuary, they will also hear the importance of self-care and goal setting during the “stay at home” order.

*“Mental health is often missing from public health debates even though it’s critical to well-being.” --Diane Abbott*

MAY is Mental Health Awareness month. Learn more at [www.eachmindmatters.org](http://www.eachmindmatters.org)

# 27

## Active Parenting & You: Self-Care

TIME: 6-7 p.m.

WHERE: Zoom Meeting

Digital Invitation- RSVP Link to Google Form

<https://forms.gle/kzp2Euh7MhcmfUi9A>

First 100 participants that RSVP will receive an email with the Zoom Link.

*Offering a workshop, in English, on Active Parenting & You: Self-Care. Workshop includes an education piece on understanding the Think-Feel-Do cycle and how self-care increases a success cycle. Followed with discussion of different self-care practices.*

Mental illness is associated with an increased occurrence of chronic diseases such as cardiovascular disease, diabetes, obesity, asthma, epilepsy, and cancer.

Source: CDC: U.S. Adult Mental Illness Surveillance Report  
[https://www.cdc.gov/mentalhealthsurveillance/fact\\_sheet.html](https://www.cdc.gov/mentalhealthsurveillance/fact_sheet.html)

*"Chronic pain is no joke. It's every day waking up not knowing how you are going to feel."*      --LADY GAGA

MAY is Mental Health Awareness month. Learn more at [www.eachmindmatters.org](http://www.eachmindmatters.org)

# 28

## Maintaining Healthy Mental State & Healthy Relationships During COVID-19 Pandemic (OMID)

TIME: Recorded Zoom Webinar  
Call or Email for Link  
WHERE: Webinar on Zoom

For further information and to register for this presentation, please call OMID at 1 (949) 502-4721 or email Sara at [skachineh@omidinstitute.org](mailto:skachineh@omidinstitute.org). Once registered, an email confirmation will be sent with further information about the Zoom recording.

## DID YOU KNOW?

Webinar will discuss how to maintain a healthy mental state, to help maintain healthy relationships during the pandemic.

Presenter: Halleh Nia, MA

## 75% OF MENTAL ILLNESSES START BY THE AGE OF 24.

## Coping Strategies and Self-Care during COVID-19 (APAIT)

TIME: 5-6:30 p.m.  
WHERE: Webinar on Zoom

For further information and to register for this presentation, please contact [nayelir@apaitonline.org](mailto:nayelir@apaitonline.org) or call APAIT at 1 (714) 636-1349. Once registered, an email confirmation will be sent with further information about the Zoom workshop.

The APAIT O&E Team will be hosting a 60-minute presentation on how one can implement coping skills and self-care practices into routines during COVID-19 for optimal mental health while practicing social isolation. The discussion will include information on COVID-19, healthy practices, coping strategies, self-care practices, resources available at this time and more. The facilitators will also offer an additional 30 minutes at the end of the workshop to answer any questions, and conduct one-on-ones for skills-building as needed/requested by participants.

## DID YOU KNOW?

Suicide is the 10<sup>th</sup> leading cause of death in the U.S., and the 2<sup>nd</sup> leading cause of death for people aged 10-34.

SOURCE: National Institutes of Mental Health (2018). "Suicide."  
Retrieved December 6, 2018, from <https://www.nimh.nih.gov/health/statistics/suicide.shtml>

MAY is Mental Health Awareness month. Learn more at [www.eachmindmatters.org](http://www.eachmindmatters.org)

28

**Paternidad Activa & Usted: Autocuidado (Olive Crest)**

TIME: 6:00 pm-7:00 pm

WHERE: *Zoom Meeting*

Digital Invitation- RSVP Link to Google Form

<https://forms.gle/txYVSmaVYZTLgx2p7>

First 100 participants that RSVP will receive an email with the Zoom Link

*Offering a workshop, in English, on Active Parenting & You: Self-Care. Workshop includes an education piece on understanding the Think-Feel-Do cycle and how self-care increases a success cycle. Followed with discussion of different self-care practices.*

50%  
of us  
will  
experience  
a  
mental  
health  
challenge  
in  
our lifetime.

**“Time Management and Self-Care Tips” Webinar**

TIME: 11-11:30 a.m.

WHERE: Virtual-Zoom

For further information and to register for this webinar, please contact [OE@theprioritycenter.org](mailto:OE@theprioritycenter.org) or call the InfoLine at 1(888) 955-6570. Once registered, a link will be sent with the meeting ID and password for the Zoom webinar.

The O&E Team will be hosting a 30-minute presentation on the benefits of practicing time management for optimal mental health during Mental Health Awareness Month, with an emphasis on social isolation during the COVID-19 pandemic. The presentation will include how to deal with changes in the workplace, tips for working from home while minimizing distractions, along with coping tips, and resources available at this time for support.

The facilitators will also offer an additional 30 minutes at the end of the webinar to answer any questions, and conduct one-on-ones for skills-building as needed/requested by participants.

Source: [CDC: U.S. Adult Mental Illness Surveillance Report](#)

*Todos tenemos cicatrices,*

*Todos tenemos historias.*

# 28

## Nourish to Flourish (Western Youth Services)

TIME: 3-4 p.m.

WHERE: Zoom

To register:

<https://www.eventbrite.com/e/nourish-to-flourish-mha-tickets-103360678572>

In this webinar, learn to nurture the relationship you have with yourself by finding your wonderful traits and characteristics, increasing positive self-talk, and understanding what self-care activities work for you.

For additional information please contact:

Yeslee Fuentes, Lead Outreach & Engagement Specialist (949) 680-0962. Email: [yeslee.fuentes@wysoc.org](mailto:yeslee.fuentes@wysoc.org)

## Grab and Go Event: Price Elementary School (Western Youth Services)

TIME: 4:30-5:30 p.m.

WHERE: Price Elementary School  
1516 W. North St.  
Anaheim, CA 92801

For more info contact (714) 399-3474

Or visit [aesd.org/freemeals](http://aesd.org/freemeals).

WYS O&E will be promoting MHA Month during Anaheim Grab & Go meal distribution events for children and families.

## Stress and Acceptance During Crisis (OMID)

TIME: 1-2 p.m.

WHERE: Webinar on Zoom

For further information and to register for this presentation, please call OMID at (949) 502-4721 or email Sara at [skachineh@omidinstitute.org](mailto:skachineh@omidinstitute.org). Once registered, an email confirmation will be sent with further information about the Zoom meeting.

We will discuss how to manage our stress and practice acceptance during crisis.

Presenters : Chiara, AMFT

Daniel Ignacio, MS  
Certified Brain Injury Specialist

MENTAL  
ILLNESS  
CAN STRIKE  
ANYONE.  
IT KNOWS  
NO AGE LIMITS,  
ECONOMIC  
STATUS, RACE,  
CREED,  
OR  
COLOR.

MAY is Mental Health Awareness month. Learn more at [www.eachmindmatters.org](http://www.eachmindmatters.org)

# 29

**MENTAL  
ILLNESS CAN BE  
TREATED.**

**RESEARCH  
SHOWS THAT  
PEOPLE WITH  
MENTAL  
ILLNESS CAN  
GET BETTER  
AND MANY  
RECOVER  
COMPLETELY.**

SOURCE: CDC/MENTAL HEALTH

## **CONNECT-OC Coalition Meeting**

TIME: 10-11:30 a.m.

WHERE: Zoom

Connect-OC Coalition is a coalition of local community mental health professionals, local college/university faculty and students all dedicated to increasing accessibility to mental health services for transitional aged youth, young adults (TAY/YA) and their families in Orange County, CA.

For more information and ways to join future coalition meetings you can visit our website at [www.connect-oc.org](http://www.connect-oc.org) or contact Blair Veraza, Project Coordinator at [bveraza@ncaddoc.org](mailto:bveraza@ncaddoc.org).

A Zoom link and coalition meeting agenda will be sent out the day before the meeting. This event is organized by National Council on Alcoholism & Drug Dependence OC.

## **Grab and Go Event: Olive Street Elementary School (Western Youth Services)**

TIME: 4:30-5:30 p.m.

WHERE: Olive Street Elementary School  
890 S. Olive St.  
Anaheim, CA 92805

For more info contact (714) 399.3474  
Or visit [aesd.org/freemeals](http://aesd.org/freemeals).

WYS O&E will be promoting MHA Month during Anaheim Grab & Go meal distribution events for children and families.

## **Stress Management for Parents (Phoenix House)**

TIME: 900 a.m.

WHERE: YouTube

To receive link or more information please email:  
[MHAMevents@phoenixhouseca.org](mailto:MHAMevents@phoenixhouseca.org)

Phoenix House will be facilitating a stress management lesson for parents and caregivers. During this session, the audience will receive tips on how to manage and reduce stress, ideas on how to create a new healthy routine at home, ways to unwind and a list of local resources.

MAY is Mental Health Awareness month. Learn more at [www.eachmindmatters.org](http://www.eachmindmatters.org)

# 29

**Fun Night In: BINGO BONANZA (NAMI-OC)**

TIME: 6:00–8:00 p.m.

WHERE: Virtual-Zoom

*To register for this event, please visit  
<https://bingobonanza.eventbrite.com/>*

NAMI Orange County in collaboration with Olive Crest and Priority Center is pleased to announce a night that is all about having fun and practicing self-care at home. We will have yoga, meditation, a beginner’s painting lesson, local mental health resources, and a short talk with a fun twist on practicing self-care as stay-at-home orders are gradually lifted. Finally, our night will culminate in a 1-hour BINGO BONANZA with prizes! We hope to see you there!

*For more information, please visit [namioc.org](http://namioc.org) or contact Austin at [amessick@namioc.org](mailto:amessick@namioc.org)*

**In the United States, only 41% of people who had a mental health disorder in the past year received professional care or other services.**

Source: <https://www.mentalhealthfirstaid.org/2019/02/5-surprising-mental-health-statistics/>