



# COUNTY OF SAN DIEGO NEWS RELEASE

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## **“DRUMMING OUT STIGMA”** *Mental Health Celebration Takes Place May 14 at Balboa Park*

Hundreds of people are expected to join San Diego County Health and Human Services Agency (HHS) officials and other mental health experts for a celebration commemorating May as Mental Health Month.

The “Drumming Out Stigma” event will take place Saturday, May 14 from 12:30 to 3:00 p.m. at Balboa Park, corner of Presidents Way and Park Blvd. The event is free and open to the general public.

At the celebration, people from mental health clubhouses throughout the region will form drumming groups. Research has demonstrated that drumming is a valuable treatment for stress, fatigue, anxiety, hypertension, mental illness, and several other mental and physical disabilities. A clubhouse is a place where people with a mental illness can go to rebuild their lives, get employment assistance, establish and meet goals, build confidence, make friends, and have fun.

“It’s important for County residents to have as much information as possible about the early signs of mental illness and what services are available to treat the problem,” said Chairman Bill Horn, County Board of Supervisors.

Event participants will also share their stories of recovery from mental illness and talk about the stigma that had an impact on their lives and kept them from getting treatment.

“Don’t let the fear of stigma keep you from getting help for yourself or a loved one,” said Nick Macchione, Director of HHS. That agency is leading the “Live Well, San Diego!” initiative, the County’s 10-year project to build better health throughout the region. “Recovery is possible and all of us play a role in helping people lead happy and successful lives,” Macchione added.

The “Drumming Out Stigma” event is one of many activities taking place throughout the County during Mental Health Month. For more information about “Drumming Out Stigma,” call Marianne Wedemeyer at (619) 563-2737.

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