



People needing to access services or experiencing a mental health crisis can call the County's 24-hour, multi-lingual Access and Crisis Line at **(888) 724-7240**.

Resources are also available on the **It's Up to Us** website.

“YOU CAN'T TELL JUST BY LOOKING AT SOMEONE WHAT THEY ARE GOING THROUGH.”



May is Mental Health Matters Month



Saturday April 30, 2022, 7:00am-11:00am

HHSA Wellness Expo at the NAMIWalks 2022

The County of San Diego Health and Human Services Agency (HHSA), in partnership with NAMI San Diego, will host the Wellness Expo at NAMIWalks 2022. This event will include a resource fair, free COVID-19 vaccinations, a Veteran's Zone, and fun family activities. See the [HHSA Wellness Expo at NAMIWalks 2022](#) flyer for more information.

Saturdays and Sundays, May 1-31, 2022

County of San Diego Parks and Recreation May Hikes

Nature settings offer incredible healing powers for the mind and body. The County of San Diego Department of Parks and Recreation will be hosting ranger-led hikes each Saturday and Sunday in May, plus other family-friendly activities and events. See the [Spring 2022 Program Guide](#) for more information.

Friday, May 6, 2022, 4:00pm Resource Fair and 5:00pm Live Event

Youth Mental Health Virtual Celebration

This year's Youth Mental Health Celebration theme and focus will be *thriving and blooming*. See [Youth Mental Health May 6 Celebration](#) for more information.

Thursday May 12, 2022, 8:30am -11:30am

Suicide Prevention Council 11th Annual Faith Breakfast

Join the San Diego County Suicide Prevention Council for an inspirational and educational morning as local faith community members share personal stories of lived experiences and postventions through faith. This free event will meet virtually via Zoom. Click [here](#) for more details **and to register**.

Monday, May 14, 2022, 10:00am-1:00pm

North County Mental Health Resource Fair

Mental health providers will be providing resources and information at this community event. Click [here](#) for more information.

Monday, May 16, 2022

Older Adult Mental Health Awareness Day Symposium Virtual Event

The National Council on Aging (NCOA) is proud to host the 5th annual Older Adult Mental Health Awareness Day Symposium. Click [here](#) for more information and to register to participate virtually.