May Is Mental Health Month 2020

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

MENTAL HEALTH AWARENESS MONTH

It's UP to US
Up2SD.org

May 1 Words of Wisdom
Join Breaking Down Barriers on Instagram for "A discussion about Ramadan" live (https://instagram.com/bdb.sd) 12pm-12:45pm. Click here for more info.

May 3-9 Children's Mental Health Awareness Week and Day
This week and day (May 7th) raises awareness about the importance of children's mental health and reminds us that positive mental health is essential to a child's healthy development. For more information about the day and week, visit https://www.samhsa.gov/childrens-awareness-day and click here for ways to develop positive mental health in children.

May 4 Stress Management and Emotional Health Series
Empower yourself to manage the stress of the pandemic and beyond with this free 6-part online video course from Alane Daugherty. Click here for more info and to register.

May 4 Each Mind Matters Online Activity Guide Week #1
This year's Mental Health Matters Month theme, "Express Yourself," is all about how expressing yourself in creative ways can help with self-care and supporting your mental wellness. Click Week #1 for suggested activities.

May 4, 11, 18, 25 Father 2 Child Education Workshops
Learn how to strengthen your relationship with your children as a father and receive information on parenting practices and mental health. A weekly Monday Instagram live event at 12:30pm at https://www.facebook.com/Father2Child/ or www.instagram.com/father.2.child/.

May 4,11,18 Virtual Chai and Chat
Join Breaking Down Barriers for their Virtual Chai and Chat about mental health and self-care practices from 5pm-5:30pm on Instagram Live (https://instagram.com/bdb.sd).

May 5 Public Health in the Black Community: A Conversation about Mental Health and Implicit Bias
Join Breaking Down Barriers for a Public Health Culture Podcast episode featuring Spshelle Rutledge, Outreach Coordinator for the African American community. Click here for flyer. The podcast is available via Apple Podcasts (https://podcasts.apple.com/us/podcast/id1453350389).

May 6 Master Plan on Aging
Join the Southern Caregiver Resource Center Caregiver Support Program in an upcoming webinar on self-care from 1-2pm: Caring for Yourself While You're Caring for Someone Else: Stress Relief, Respite
Phone Number: 888-788-0099
Meeting ID: 983 3916 3539#, Password: 211#
Click here to join by a computer, smart phone or tablet.

May 6, 13, 20, 27 Courage to Call Wellness Wednesdays
Providing supportive services to current and former military members and their families at https://www.courage2call.org/. Join the weekly Wellness Wednesday Facebook Live Chat at 4pm https://www.facebook.com/courage2call/. Click here for the flyer.

May 7 Children's Mental Health Awareness Day 2020
Join NAMI San Diego for a gathering celebrating children's mental health through art. The event is from 4:30pm to 5:30pm and will include an art display and art project for all ages. Click here for information and log into NAMI San Diego's Facebook page at https://bit.ly./NAMISD-FB.

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HHSA
LIVE WELL SAN DIEGO

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May 7 SPC Faith Breakfast
The 9th Annual Suicide Prevention Council Faith Breakfast event will be held on Thursday, May 7th, 2020 from 8:00am-12:00pm via Webcast/Livestream. To register, please visit https://9spcfaithbreakfast.eventbrite.com/.

May 7 Older Adult Mental Health Awareness Day 2020
Join SAMHSA and others for a thoughtful discussion to promote connection and recovery for older adults with serious mental illness and substance use disorders during this unprecedented time in history. Click here for more info and to register.

May 11 Each Mind Matters Online Activity Guide Week #2
This year's Mental Health Matters Month theme, "Express Yourself," is all about how expressing yourself in creative ways can help with self-care and supporting your mental wellness. Click Week #2 for suggested activities.

May 14 High School Students' Virtual Response to National Prevention Week
Join Serra and Mission Bay High Schools at 11:30am as they showcase videos they created to spread awareness and prevent substance use among youth. After the videos, there will be a Q&A and a participant engagement activity. Click here for the flyer.

May 18 Each Mind Matters Online Activity Guide Week #3
This year's Mental Health Matters Month theme, "Express Yourself," is all about how expressing yourself in creative ways can help with self-care and supporting your mental wellness. Click Week #3 for suggested activities.

May 18 Each Mind Matters Online Activity Guide Week #4
This year's Mental Health Matters Month theme, "Express Yourself," is all about how expressing yourself in creative ways can help with self-care and supporting your mental wellness. Click Week #4 for suggested activities.

May 21 Supporting the Mental Health of Asian/Pacific Islander Communities during COVID-19
Join Breaking Down Barriers at 3:00pm for Community Conversation #6 in support of Asian and Pacific Islander communities. Click here for more information and to register.

May 26 Interview with Negeen Moussavian
At 12:30pm, Lily Mojdehi (Outreach Coordinator for Breaking Down Barriers) will be interviewing an Iranian therapist, Negeen Moussavian who specializes in working with children and individuals struggling with addiction/recovery. Click here to learn more about Negeen and join the conversation on Instagram Live (https://instagram.com/bdb.sd) for mental health awareness month.

If you would like your May Is Mental Health Month virtual event posted to this calendar, please contact Nancy Page (nancy.page@sdcounty.ca.gov) with event information and flyer or link.

HHSA — COUNTY OF SAN DIEGO — HEALTH AND HUMAN SERVICES AGENCY

LIVE WELL SAN DIEGO