



About BeingwellCA

BeingwellCA is a 501(c)3 nonprofit organization registered in California.

BeingwellCA was founded to give voice to the youth who suffer in silence with anxiety, depression and suicide ideation. Two powerful advocates combined their strengths to provide HOPE to the whole family of those struggling with mental health issues which affect 1 in 4 people. Established in June 2019, **BeingwellCA** delivers programs, workshops and speaker series that address the three legs of mental health support. Parents, educators and students. All three support systems are needed to provide a stable base to build upon basis for suffering youth to flourish again.

Our Mission

Our Mission is to reduce anxiety, depressions and suicide ideation in our youth. We do this by providing schools, parents, students and communities with workshops, toolkits and training to improve mental health support.

Our Vision

Create school environments that support positive mental health, raise awareness and reduce the alarming rates of stress, anxiety, depression and suicide ideation in our youth.

About The Founders

Graham Wiseman - CEO, Co- Founder

After losing his son to suicide in 2013, Graham Wiseman has devoted his life to helping our youth with mental health support. He left corporate America to start **BeingwellCA**.

Graham is a respected speaker and community advocate for Mental Health Issues facing our youth today. His radio, TV and live appearances have delivered current, impactful information to students, parents, educators and mental health practitioners in a personal, captivating manner.



Graham actively serves the community on multiple suicide prevention and mental health committees. Currently he is Chair of the Contra Costa County Mental Health Commission and is a member of multiple regional and statewide school wellness advisory councils and task forces. He is also an avid fisherman and small boat sailor!

My Why

Every year I speak to about 8,000 students in the classrooms. The talk touches on topics ranging from alcohol and drug use to sexual activity. But the one topic that always gets the most response from the student is when I speak about mental health. There comes a point where I let the students know that I am often called to talk with parents who have just lost a child to suicide. After briefly touching on the pain, the next sentence is “The reason I’m talking with these parents, is I am one of these parents.” In the silence that follows most of the student’s heads pop up as they realize what I had just shared, but of more importance to me are the heads that go down. These are the students suffering in silence. These are the students we need to reach. Our slogan is **Reach Out Help Out (ROHO)** and this is where it happens.



Gail Miller - President, Co-Founder

When one of her daughters was diagnosed with bipolar disorder at the age of twelve, it was the experience of learning how to navigate the mental health care system that inspired Ms. Miller to share their story with others.

Her passion led her to become an outspoken community advocate. Now serving as a member of the Mental Health Advisory Council for Kaiser Permanente Northern California, she has become a sought-after speaker and surrogate voice for patients and their families.



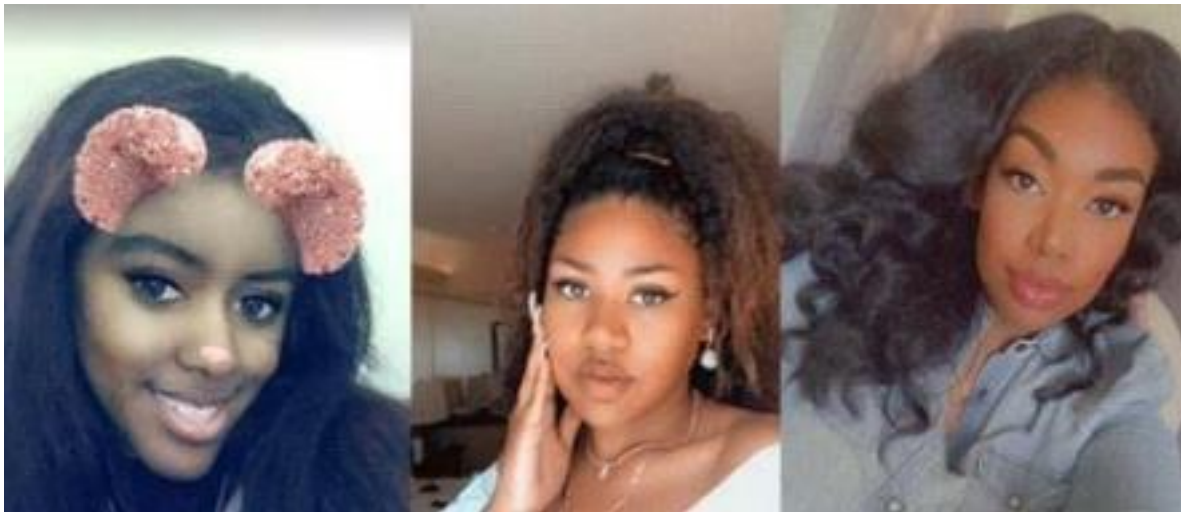
Destigmatizing and normalizing conversations about mental illness in the African American community and beyond, Gail urges other parents and caregivers to seek out early interventions. “It is time to take down the wall of shame and secrecy surrounding mental illness. If sharing our

story saves even one life, helps one family not have to go through what our family has, it is worth telling every chance I get.”

Gail lives in Antioch, California with her husband, Ian, and three daughters. She also serves as a member of: Kaiser Permanente Behavioral Health Advisory Council, Northern CA, Kaiser Peer Representative for the Mental Health Research Network (MHRN)

My Why

Mental disorders, like many other illnesses, are invisible from the outside. Yet, unlike most of the others, when revealed mental illness continues to be at or near the top of the list for most stigmatizing. The stigma often extends beyond the persons who are suffering to their families as well. As a family, we learned early on to view my daughter’s disorder as something we needed to handle together with honesty. Understanding that stigma is the leading barrier to preventing people that are suffering to seek and receive help, doing nothing about stigma is not an option! My children are my why.



Caroline Wiseman - Secretary

Caroline Wiseman is the proud mother of two beautiful children, Colin and Nicole. Nicole is currently in college studying psychology. Colin is in our hearts and heaven.

Mrs. Wiseman has dedicated her life to children as an educator. She is a lifelong resident of the San Francisco

East Bay. Now in her 31st year as an elementary school teacher, she has the long-term perspective of how the changing education environment.

Where there had been calm and easy childhood development, she now sees stress, anxiety and depression at the elementary school. Caroline has seen the benefits of a small Wellness Center on her campus and now believes this resource should be available to all children. Losing a child is

every parent's nightmare, but she has turned this pain into passion. Caroline is a driving force in partnering with the California Department of Education for a Mental Health Awareness License Plate Design Contest running this year.



Notable Presentations from BeingwellCA Presentations:

NAMI CA Town Hall: Suicide Prevention

<https://www.youtube.com/watch?v=ZXmCUUcrldI>

Psychology Club - Graham from BeingwellCA

<https://www.youtube.com/watch?v=O4nGHdnPuYs>

Mental Health Awareness Design Contest

<https://www.youtube.com/watch?v=r-qJwI2zKis>

Living with Depression - Kaiser <https://lookinside.kaiserpermanente.org/living-with-depression/>

BeingwellCA Supporters

- **Senator Steve Glazer** – Senator for District 7 - Contra Costa County
- **Senator Melissa Hurtado**- Senator for District 14 - Fresno, Kern, Kings and Tulare Counties.
- **Senator Michael Rubio** - Senator for District 16 - Fresno, Kern, Kings and Tulare Counties
- **Senator Bob Archuleta** - Senator for District 32 - Los Angeles and Orange Counties
- **Senator Pat Bates**- Senator for District 36 - Orange and San Diego Counties
- **Senator Anna Caballero** - Senator for District 12 - Salinas Valley and part of the Central Valley
- **Senator Brian Dahle** -Senator for District 1 - Shasta Cascade Region and Northern Sierra Nevada.
- **Senator William Dodd** - Senator for District 3 Northern San Francisco Bay Area and Delta region
- **Senator Shannon Grove** - Senator for District 16 - Southern Central Valley and High Desert
- **Senator Robert Hertzberg** - Senator for District 18 - San Fernando Valley
- **Senator Scott Wiener** - Senator for District 11 - San Francisco and parts of San Mateo County

Assembly members

- **ASM Devon Mathis** - District 26 - Tulare, Inyo and Kern counties
 - **ASM Wendy Carrillo** - District 51 - Northeastern Los Angeles and East Los Angeles
 - **ASM Cristina Garcia** - District 58 – Gateway Cities of Los Angeles, Pico Rivera to Cerritos
 - **ASM Mike Gipson** - District 64 - South Bay region of Los Angeles County.
 - **ASM Tom Lackey** - District 36 - Antelope & Santa Clarita Valleys.
 - **ASM Freddie Rodriguez** - District 52 - Inland Empire
 - **ASM Phil Ting** - District 19 - Western San Francisco and Northwestern San Mateo
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- **Tony Thurmond** – **California State Superintendent of Public Instruction**
 - **California Association of Student Councils**
 - **California Association of School Counselors**
 - **California Department of Education**

Non-Profits

- **All It Takes** - [All It Takes](#)
- **United Parents** [United Parents](#)
- **Sandy Hook Promise** [Sandy Hook Promise](#)
- **NAMI California** [NAMI CA](#)
- **Wellness Together** [Wellness Together](#)
- **Find Your Anchor** [Find Your Anchor](#)
- **Danville Children’s Guild** [Danville Children’s Guild](#)
- **Teen Esteem** [Teen Esteem](#)
- **Z-Cares** [Z Cares](#)
- **A Brighter Day** [A Brighter Day](#)

- Alan Hu Foundation - [Alan Hu Foundation](#)
- Discovery Counseling Center [Discovery Counseling Center](#)
- Silicon Valley Children's Fund [Silicon Valley Children's Fund](#)

Did you know....

- Suicide is the SECOND leading cause of death for ages 10-24. (2017 CDC WISQARS)
- More teenagers and young adults die from suicide than from: cancer, heart disease, AIDS, birth defects, stroke, pneumonia, influenza, and chronic lung disease, COMBINED.
- 1 in 4 young people aged 18 to 24 have seriously considered suicide in the past 30 days (1). • California ranks 48th in the Nation for providing mental health support to kids 3-17 that need it (2)
- California State Auditor found that NONE of the 1,034 school districts met the minimum for mental health support. (3)

Let's change these facts together...

(1) [CDC Mental Health Report - June 2020](#)

(2) [Commonwealth Fund Scorecard](#)

(3) [Auditor State of California Report](#)



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