



Tulare County | HOPE...

*for mental health*

I HOPE...

#ihope4mh



Tulare County | HOPE...

*for mental health*

**I HOPE...**

*people know they are not alone...*

*someone is ready to listen.*

September is

Suicide Prevention 

Awareness Month...

1-800-273-TALK (8255)

#ihope4mh

#NotAlone



Tulare County | HOPE...

*for mental health*

**I HOPE...**

*we all remain calm and  
carry on through this  
pandemic —  
we have got this!*

#ihope4mh



Tulare County | HOPE...

*for mental health*

**I HOPE...**

*compassion replaces  
stigma and kindness  
replaces hate.*

#ihope4mh



Tulare County | HOPE...

*for mental health*

**I HOPE...**

*for a future where we  
advocate for all without having  
to define who we mean.*

**ALL MEANS PEOPLE**

**#ihope4mh**



Tulare County | HOPE...

*for mental health*

**I HOPE...**

*because my sister has bipolar  
disorder, and I want  
compassion for her and other  
people living with mental illness.*

#ihope4mh



Tulare County | HOPE...

*for mental health*

I HOPE...

*there will be a day when  
mental health care gets equal  
attention as health care.*

#ihope4mh



Tulare County | HOPE...

*for mental health*

**I HOPE...**

*stigma will be a  
thing of the past.*

#ihope4mh





Tulare County | HOPE...

*for mental health*

**I HOPE...**

*for a future where our children  
and grandchildren, who live  
with mental illness, are living  
the life we advocate for today.*

#ihope4mh



Tulare County | HOPE...

*for mental health*

**I HOPE...**

*diagnosing mental illness  
becomes more accurate  
with the initial  
diagnosis.*

#ihope4mh



Tulare County | HOPE...

*for mental health*

**I HOPE...**

*for better access to housing  
for people living with severe  
mental illness to decrease  
homelessness.*

#ihope4mh



Tulare County | **HOPE...**

*for mental health*

**I HOPE...**

*for people to* **RAISE**

**THEIR VOICE,** *and*

*participate in*

**#ihope4mh!**

**#ihope4mh**



Tulare County | HOPE...

*for mental health*

**I HOPE...**

*for a better  
health care system that  
allows equal health care,  
regardless of wealth.*

#ihope4mh