

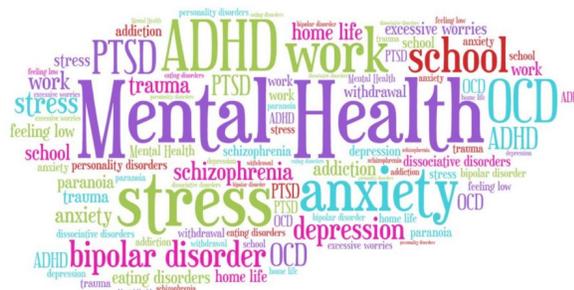


*A collaborative approach to personal and community health through education, prevention, and healthcare services*

## **MAY IS NATIONAL MENTAL HEALTH AWARENESS MONTH**

National Mental Health Awareness Month in May focuses on bringing tools, resources, and education to the public.

Each year Mental Health America, National Alliance on Mental Illness, and other mental health organizations across the country organize events, webinars, and more to improve mental health access across the country.



Mental health is a hot topic. This is good news. It means the stigma for mental health issues is slowly going away. Mental health issues are finally getting the attention they deserve. Healthcare workers and individuals feel they can discuss mental health more openly. That doesn't mean there isn't still work to do, however.

As a whole, we often misunderstand mental health because it is hard to define. Additionally, mental health includes several areas. These areas involve one's social, emotional, and psychological well-being. Mental health affects thoughts, feelings, and actions. When one has positive mental health, they are better equipped to handle stress, be more productive, and realize their full potential.

While we focus on our physical wellbeing, the food we eat, exercise, and getting regular check-ups for vision and dental care, we often forget to take stock of our emotional and spiritual needs. Everyday demands take their toll.

### **HOW TO OBSERVE #MentalHealthAwarenessMonth**

Share the message. Taking care of our mental health is as normal as eating healthy, exercising, or even saving for the future. Share your story to help others understand that achieving mental health is a daily process.

### **Here in Del Norte County**

Mental health is essential to the overall health of Del Norte County, resulting in productive activities, fulfilling relationships, and the ability to adapt to change and cope with adversity. The Behavioral Health Branch has made a commitment to community-based systems of mental health care in which all residents can receive high-quality and consumer centered services. Our agency and the County takes pride in its history of upholding the dignity and civil rights of people, including those coping with mental illness. Mental illness should not be shrouded in stigma and discrimination causing those who are affected to not seek care. The employees and consumers of the Behavioral Health Branch appreciate your attention to this important issue and thank you for your support.

### **DHHS BHB Job Opportunities**

Open job recruitments with the Del Norte County DHHS-Behavioral Health Branch can be found at: <https://www.governmentjobs.com/careers/delnorteca>.

### **Local Behavioral Health Board**

Applications to fill vacant positions on the Local Behavioral Health Board can be obtained at the Del Norte Clerk of the Board office, located at 981 H St. Suite 210, Crescent City, CA 95531

If you or someone you know needs to seek assistance check out one of these resources:

[Mental Health America](https://www.mentalhealthamerica.net)

[nami.org](https://www.nami.org)

[mentalhealth.org](https://www.mentalhealth.org)

[National Institutes of Mental Health](https://www.nimh.nih.gov)

[Substance Abuse and Mental Health Administration](https://www.samhsa.gov)

[American Psychiatric Association](https://www.psychiatry.org)

You can also learn about these [5 Advocates Who Influenced Modern Mental Health Care](#).

Use #MentalHealthMonth to share on social media.

## **MENTAL HEALTH AWARENESS MONTH HISTORY**

Mental Health America created Mental Health Awareness Month in 1949 to provide Americans with tools and resources as part of their outreach program to improve mental health. Each year the campaign includes a theme.

Sincerely,

Del Norte Healthcare District Board of Directors

Kevin Caldwell, M.D.

Elizabeth Austen

Michael Young

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### SOURCES:

<https://nationaldaycalendar.com/2022/>

<https://www.mentalhealth.gov/>

<https://www.nimh.nih.gov/>



