

Journey of Hope

REAL LIFE STORIES OF LIVING WITH MENTAL HEALTH
CHALLENGES PORTRAYED THROUGH ART



Journey of Hope 2025 Frequently Asked Questions (FAQ)

- What is Journey of Hope?
 - Journey of Hope is an interactive community art exhibit that pairs real-life storytelling and creative artworks inspired by the stories to illuminate the challenges and hopes of the individuals in Sacramento County living with a mental illness.
- How much does it cost?
 - This event is completely free to both participate and attend.
 - Community members are invited to share their stories or create inspired artworks. Their participation is voluntary and there are no fees associated with participating.
- Who can participate?
 - All Sacramento County residents are welcome to register to participate.
 - All participants must be 16 years of age or older. Participants under the age of 18 will need a statement of permission from a parent or guardian.
 - Due to gallery size limitations, not all applicants will be paired with a writer/artist. All applicants will be notified via email of participation status by March 28, 2025.
- When is the event?
 - The event will be held October 1-31, 2025. A public reception is scheduled for October 4, 2025. Additionally, a private Meet and Greet for participants will be scheduled at the beginning of October.
- Where will it be held?
 - The Journey of Hope exhibit will be displayed at The Gallery by We Are Sacramento:
 - The Gallery
1019 Del Paso Blvd.
Sacramento, CA 95815
 - Available and open for viewing during normal business hours in October 2025.
- Why is Journey of Hope important?
 - The mission of Journey of Hope is to stop societal stigmas around mental illness and show how everyday people can thrive despite living with a mental health challenge.

**Mental
Illness:**
It's not
always what
you think.

**SACRAMENTO
COUNTY**

Funding for this project has been made possible through the Sacramento County Division of Behavioral Health Services Mental Health Services Act.

- Statistics show that 1 in 5 adults live with a diagnosable mental health condition. In Sacramento County alone, there are over 300,000 individuals living with mental illness. We believe no one should have to struggle alone and that, despite the challenges, there is always hope for recovery and wellness.
- Where can I go to learn more?
 - Check out our website at <https://www.stopstigmatasacramento.org/get-involved/journey-of-hope/>
 - You can also stay up to date on Journey of Hope by following Stop Stigma Sacramento's social media accounts:
 - X (Twitter): StopStigmaSacramento
 - Facebook: Stop Stigma Sacramento
 - Instagram: StopStigmaSac
 - YouTube: @StopStigmaSacramento
- How long has the show been around?
 - Journey of Hope started as a small event and has expanded and grown each year. The 2025 event marks the 7th year of this amazing event.
- How can I get involved?
 - Check out our website to learn about participating as either an Artist or Story Writer.
 - Come visit The Gallery in October 2025 to see the event in person!
 - Like and share on social media posts to increase visibility and reach
- Who can I contact if I have more questions?
 - You can email the Journey of Hope county inbox at DHSPUBHJourneyOfHope@SacCounty.gov.