



**You have the power to stop stigma.**

**Learn more  
about mental health.**



**SACRAMENTO  
COUNTY**

**StopStigmaSacramento.org**

## MENTAL WELLNESS IS ACHIEVABLE.

Mental illness doesn't have to define you, your family or your friends.

In Sacramento County, over 300,000 residents live with a mental health condition, and more than 20% of youth have or will have a mental health condition at some point in their lives. Sadly, stigma and fear often prevent many from reaching out, and factors such as discrimination, systemic racism and stress can harm the mental health and overall well-being of yourself and your peers.

### Stop the stigma and make a positive difference in your community:

**Know the signs.** Learning about mental illness can start the healing process. It's important to know the warning signs so that you can offer support and know when to act.

**Start a conversation.** If you or someone you know is feeling anxious, depressed or stressed out, reach out and ask them how they're doing.

**Advocate.** One voice – your voice – can help change how we all think about, and treat, people living with mental illness. If you hear someone joking about mental illness, remind them that it's not okay.

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**Visit [StopStigmaSacramento.org](https://StopStigmaSacramento.org) to learn more and get involved.**

Call 211 to be referred to culturally competent mental health services.



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