



Trauma is real, but so are hope,
resilience and emotional well-being.

Learn more
about mental health.



SACRAMENTO
COUNTY

StopStigmaSacramento.org

YOUR VOICE IS YOUR POWER TO STOP STIGMA.

There's no denying that trauma in all its forms is painfully real. But when we reach out to help each other, we weaken the stronghold of despair and strengthen the bonds of hope.

In Sacramento County, more than 300,000 residents are living with a mental health condition. Yet, a simple act of care and concern from family or friends can be just the anchor someone needs to see their way to mental health and well-being.

We can stop the stigma around mental illness by changing the way we think about and treat people who are struggling.

Reach Out. Be the Voice of Hope.

Be Seen. Be Heard. Acknowledging the trauma and pain is the beginning of healing. Recognize the emotions you are experiencing as real and valid. Mental illness and mental health conditions are real and require treatment, just as physical illnesses or injuries require treatment.

Reach Out. Widen your circle of caring, be the help that someone else needs. Ask for help. Seeking and receiving help can improve every aspect of our lives – from physical health, to family dynamics and personal relationships, to the way we show up for the community.

Engage. Help reduce stigma by learning more about mental illness and providing support to people you know who are living with a mental health condition.

Visit StopStigmaSacramento.org to learn more and get involved.

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



Learn more about mental health.