



Psychological health supports overall health.

Let's change our minds about depression.



SACRAMENTO
COUNTY

StopStigmaSacramento.org

PSYCHOLOGICAL CONDITIONS DO NOT PREVENT YOU FROM FINDING HAPPINESS.

In Sacramento County, 1 in 5 people are living with psychological conditions like depression, trauma and anxiety. They impact every ethnic, racial, economic, religious and age group and can be caused by stressful or traumatic experiences, including prejudice, global conflict and systemic racism. Sadly, many struggle silently and alone because fear of judgment and shame often prevent people from seeking help.

We can all do our part to change how we think about and treat people living with psychological conditions.

Reduce shame and encourage happiness in our community:

Learn the facts about psychological health. Conditions like anxiety, trauma, stress or depression will not subside if ignored.

Support whole-person health. By eating well, exercising and maintaining balance, it's possible to support both mind and body.

Start a conversation. If you believe someone you know is struggling, reach out and ask how they are feeling. Everybody has a role, and family support is crucial.

Show empathy. One kind word, one thoughtful question, one trusted friend can mean the world to someone who is in distress and improve their quality of life.

Seek support for yourself or friends and family who may be experiencing psychological health concerns. Confidential community resources and interpreters are available.

Visit StopStigmaSacramento.org to learn more and get involved.

Call 211 to be referred to culturally competent mental health services. Interpreters are available upon request.



Let's change our minds about depression.