Mental health is important for you and your family.

Let's change our minds about mental health.

SACRAMENTO COUNTY

StopStigmaSacramento.org

MENTAL HEALTH CONDITIONS ARE REAL, COMMON AND TREATABLE. YOU ARE NOT ALONE.

Did you know that 1 in 5 people live with a mental health condition? In Sacramento County, over 300,000 residents live with a mental illness, and the severity of these conditions can be heightened as a result of the additional stress and worry from the impacts of prejudice, discrimination and systemic racism.

No one should feel ashamed or embarrassed of having a mental health condition. With proper treatment and support, individuals living with mental health conditions can live healthy, productive lives.

Many of us know someone experiencing mental illness or have experienced it ourselves. Don't let fear or shame prevent you or a loved one from seeking help.

Together we can stop the stigma and support mental health in the community:

Learn about mental illness and the harmful impacts of shame. Mental illness is like other medical conditions – it is common, it can happen to anyone and outcomes are better if it is treated sooner.

Listen and be open to talking to trusted family and friends about struggles that negatively impact our mental health. These conversations help to remove shame around mental illness.

Support one another by sharing resources and reaching out for help. Confidential help is available, and no one needs to struggle alone.

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.

SACRAMENTO
C O U N T Y

Let's change our minds about mental health.