Mental health is important for you and your family.

Learn more about mental health.

SACRAMENTO
C O U N T Y

StopStigmaSacramento.org

SUPPORT THE HEALTH OF YOUR COMMUNITY.

1 in 5 people live with a mental health condition in Sacramento County, but shame, fear and discrimination prevent many from seeking help.

Mental health conditions, like other medical issues, impact your overall health and can be heightened by increased stress or worry, or the impacts of systemic racism and prejudice.

By taking care of your mental health, you also take care of your physical, emotional and spiritual well-being. Treatment is needed to help people living with mental health conditions to live healthy, productive lives.

Together, we can stop the stigma and make a positive difference.

Learn about mental health and ways to help individuals who are struggling or have feelings of sadness.

Listen and be open to those close to you who are living with mental health conditions and let them know they are not alone.

Family and community support are crucial for those living with a mental health condition. Talking to trusted members of your family, friends and the Hmong community can help you and your loved ones.

Educate the community that mental illness is not anyone's fault; it is an illness like any other. We all have someone close to us who is experiencing this and they should not be ashamed.

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 COUNTY

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