



**You are not defined by a mental health condition.**

**Learn more  
about mental health.**



**SACRAMENTO**  
COUNTY

[StopStigmaSacramento.org](http://StopStigmaSacramento.org)

## BE SEEN, BE HEARD AND BE HEALTHY IN MIND, BODY AND SPIRIT.

While over 300,000 Sacramento County residents live with a mental health condition, stigma and fear prevent many people from seeking help. For LGBTQ communities, this stigma is combined with ongoing discrimination, not only for their sexual orientation, gender identity or gender expression, but racism and prejudice for their ethnicity and culture as well.

These discriminatory factors not only harm the mental health of these communities, but also create barriers for LGBTQ individuals seeking treatment.

Show others within the LGBTQ communities that they are not alone and that mental well-being is achievable with treatment and support.

### Together, we can foster well-being and hope for ourselves and others:

**Learn** how community and internalized self-stigma can hurt individuals and families, about available mental health resources and the ways that prejudice further contributes to stigma.

**Speak up.** Be open to talking to trusted friends and community members about the discrimination and struggles that negatively impact our mental health.

**Listen** with compassion when someone talks about their mental health and provide a safe space for them to share their experience. No one needs to struggle alone and in silence.

**Advocate.** Your voice can help change how we all think about, and treat, people living with mental health conditions, and help to remove the barriers to treatment for LGBTQ communities.

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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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