



**We all have the strength and resilience
to achieve mental wellness.**

**Learn more
about mental health.**



**SACRAMENTO
COUNTY**

StopStigmaSacramento.org

HONOR THE SACRED, THE COMMUNITY AND YOURSELF. STOP THE STIGMA.

In Sacramento County, over 300,000 residents live with mental illness, but discrimination, fear and stigma prevent many from seeking help. Mental health conditions impact every ethnic, racial, economic, religious and age group, but the severity and likelihood of these conditions can be heightened as a result of the additional stress and trauma from the impacts of colonization, prejudice and systemic racism.

Mental health conditions are real, common and treatable. By learning more about mental illness and providing support to those in our community who may be learning to navigate the impacts of historical, cultural or family trauma, we can help our community to heal and come together.

We each have a role in stopping stigma and changing how we think about, and treat, those in our community who are living with mental illness. Together, we have the strength and resilience to achieve wellness.

Make a positive difference in our community:

Know the signs. Learning about mental illness can start the healing process. It's important to know the warning signs so that you can offer help and know when to act.

Embrace. We are the answers to our ancestors' prayers. Welcoming friends and loved ones to ceremonies or gatherings can provide hope and is one way to help improve our well-being as a community and reduce the impacts of historical trauma.

Love your body, mind and spirit. Mind and body are always connected. By eating well, exercising and maintaining balance, it's possible to support overall wellness.

Visit StopStigmaSacramento.org to learn more and get involved.

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



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