



**It is possible to live well with a mental health condition.**

**Learn more  
about mental health.**



**SACRAMENTO  
COUNTY**

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

## MENTAL HEALTH IS IMPORTANT FOR YOU AND YOUR FAMILY.

In Sacramento County, more than 300,000 residents are living with some type of mental illness. The symptoms can be mild enough to be managed with healthy coping skills or they may be serious enough to interfere with daily life.

Loneliness, isolation and ageism bias often cause or worsen mental health issues for older adults. Stigma and fear of seeking treatment for a mental health concern only compounds the problem and keeps people from getting the care they need.

Having a mental health condition doesn't need to stop anyone from living a good life. With proper support and treatment, it's possible to improve quality of life at any age and even strengthen relationships.

### Make a positive difference for you and your loved ones:

**Learn** the facts about mental illness, ways stigma and ageism can impact healthy aging, and the resources for help at any stage in life.

**Start a conversation** with your caregiver, health provider, family or friends about ways they can support and improve your mental health and well-being.

**Participate** in social gatherings when possible and try to avoid isolating yourself. Spending time with loved ones and friends can improve your mental health and overall happiness.

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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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