



**Mental health is important for you
and your family.**

**Be mindful
of mental health.**



**SACRAMENTO
COUNTY**

StopStigmaSacramento.org

MENTAL HEALTH CONDITIONS ARE REAL, COMMON AND TREATABLE.

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.

A mental health condition is like any physical illness, but it affects the brain. It looks different for every person, but no one is defined by their condition.

There is help and support available, but stigma and fear often prevent people from seeking help.

Stop the stigma and support mental health in your community:

Learn the facts about mental illness, ways stigma can hurt individuals and families and the resources available for help.

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

Start a conversation. If you believe someone you know is hurting, reach out and ask how they are feeling.

Encourage trust. Let your community know that medical professionals will keep all information confidential and treat all individuals with respect throughout their mental health journey.

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.



Be mindful of mental health.