



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

**Learn more
about mental health.**



**SACRAMENTO
COUNTY**

StopStigmaSacramento.org

IT'S POSSIBLE TO LIVE WELL WITH A MENTAL HEALTH CONDITION.

In Sacramento County, over 300,000 residents live with a mental health condition, but discrimination, fear and shame – which can be a result of systemic racism, trauma and poverty – often prevent people from seeking help. Many struggle silently and alone.

Though every mental health journey is different, we can all do our part to change how we think about, and treat, people living with mental illness.

Stop the stigma and support mental health in our community:

Learn the facts. Mental illness is real, common and treatable. Stigma can hurt individuals and families, but resources are available to help.

Know the signs. Recognize potential warning signs of mental illness so that you can offer help and support.

Take mental illness seriously. Joking about mental illness or using hurtful language about mental health promotes stigma.

Start a conversation. One kind word, one simple question, one trusted friend can mean the world to someone living with mental illness and improve their quality of life.

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.



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