



Mental health conditions are manageable. Mental well-being is achievable.



Let's change our minds about mental health.



SACRAMENTO
COUNTY

StopStigmaSacramento.org

YOU ARE NOT DEFINED BY A MENTAL HEALTH CONDITION.

Mental health conditions can impact anyone, but the severity and likelihood of these conditions can intensify as a result of the additional stress and trauma caused by ongoing discrimination. As members of transgender and gender non-conforming communities face multiple sources of bias and prejudice, it is important to speak out about mental health and ensure others know it is okay to seek mental health support and treatment.

Everyone deserves to live well and without shame – to be seen, to be heard and to be healthy in mind, body and spirit. Just like any physical illness, seeking support for mental health is a crucial part of taking care of yourself and people you care about.

Stop the stigma and make a difference in your community:

Reach out if someone you know is becoming more withdrawn, anxious or isolated. Encourage them to seek help, offer to accompany them to a counseling appointment, help to research local gender-affirming mental health providers or just invite them out for coffee.

Embrace friends and family members who may be living with a mental health condition. Sometimes all it takes is a hug, a call or a positive text to remind them you can be trusted.

Start a Conversation. Your voice can help change how we all think about, and treat, people living with mental health conditions. Whether you are correcting misinformation about mental illness or providing support to someone living with a mental health condition, you are helping to lessen the stigma surrounding mental illness.

Advocate for transgender community members seeking care from the mental health and medical community. Your support can help reduce the complex discrimination and stigmatization that transgender and gender diverse communities face.

Visit StopStigmaSacramento.org to learn more.

Call 211 to be referred to culturally competent, recovery-focused mental health services.



Learn more about mental health.