



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

**Let's change our minds
about mental illness.**



**SACRAMENTO
COUNTY**

StopStigmaSacramento.org

MENTAL HEALTH CONDITIONS ARE REAL, COMMON AND TREATABLE. YOU ARE NOT ALONE.

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.

Mental illness is not a reflection of one's moral character, and is nothing to be ashamed or afraid of. As a community, it is important to learn more about mental health and mental illness – including the impacts of stress, systemic racism and discrimination on the mental health of yourself and your community members.

Like diabetes, asthma or other medical or genetic conditions, mental illness can happen to anyone. Mental illness is treatable and won't go away if ignored. It is possible to have a healthy, productive life with treatment.

Together, we can stop the stigma and make a positive difference:

Learn about mental illness. Mental health is part of whole-person health.

Listen and be open to talking with trusted family or friends about one another's struggles impacting our mental health. As a community, we need to remove judgment and prejudice because mental illness is not anyone's fault.

Support one another by sharing resources and reaching out for help. Many of us know someone with mental illness or have experienced it ourselves. We all deserve to be accepted and treated equally.

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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