



*"Love recognizes no barriers.
It jumps hurdles, leaps
fences, penetrates walls to
arrive at its destination
full of hope."*

-Maya Angelou

HOPE FOR CHANGE

ORANGE COUNTY MENTAL HEALTH EVENTS CALENDAR

MAY 2021



StigmaFreeOC



A Brief History of May as Mental Health Awareness Month

In 1949, the U.S. Congress designated May as National Mental Health Awareness Month to spotlight mental health. It was four years after the end of World War II. The immediate catalyst was the large numbers of armed forces veterans who were suffering from mental health challenges.

But the history of modern mental health advocacy dates back to 1908 and the publication of a memoir by Clifford Beers, *"A Mind That Found Itself."* Beers was a recent Yale College graduate, working on Wall Street, when he experienced his first bipolar episode. After a failed suicide attempt, he was hospitalized for three years in public and private hospitals. Beers himself was restrained in a straitjacket for twenty-one nights, and he witnessed horrible treatment and abuse of others who were suffering from mental illness. His experiences led him to become a powerful advocate for better and more compassionate mental health care, as well as to change established beliefs and to prove that people suffering from mental illness could live full, productive lives. When Beers published his book, he hoped it would have the same national impact for removing the stigma around mental illness as Harriet Beecher Stowe's landmark work, *"Uncle Tom's Cabin"* had for the abolition movement.

In 1910, joining with philosopher William James and psychiatrist Adolf Meyer, Beers established the National Committee for Mental Hygiene, which today is known as Mental Health America. **One of the committee's first steps was to create child guidance clinics, aimed at prevention, early intervention and treatment.** These clinics would ultimately become the model for outpatient mental health care for all age groups around the U.S. and were the first to pioneer an inter-disciplinary model of treatment for mental health disorders.

Although Beers passed away in 1943, advocacy for mental health expanded. **In 1947, Congress' National Mental Health Act created the National Institute on Mental Health. Mental Health Awareness Month followed in 1949.** But it still took decades to achieve greater change. Not until 1966 did Medicare begin to cover mental health costs, and only in 1974 did the federal government stop requiring job applicants to answer the question: "Have you ever been mentally ill?" It took until 2010 for mental health to be designated as an Essential Health Benefit as part of the Affordable Care Act.

Today, we know that mental health issues affect as many as one in four Americans. More people in the United States die from suicide than from traffic accidents or homicides, and twenty-two veterans take their lives each day. At the federal level, Health and Human Services and its SAMHSA (Substance Abuse and Mental Health Services Administration) division oversee National Mental Health Awareness Month, along with multiple private partners. **As Representative Grace Napolitano (CA) said in 2020 to mark National Mental Health Awareness Month, this is a time "when we work together to break through that stigma. We express compassion for those who struggle with mental health issues, and we draw attention to the proven methods that can help change their lives for the better."**

*By Colleen Reilly and Gabriela Rodriguez
Published April 20, 2021*

MAY is Mental Health Awareness month. Learn more at www.eachmindmatters.org

SOCIAL MEDIA CAMPAIGNS

Multi-Ethnic Collaborative of Community Agencies (MECCA) Mental Health Stigma Reduction Social Media Campaign

TIME: Ongoing throughout the month of May

WHERE: MECCA Social Media:

- <https://www.facebook.com/orangecountymecca/>
- <https://www.instagram.com/ocmecca/>
- <https://twitter.com/MultiEthnicCCA>

During the month of May, MECCA will use its social media platforms to post various Mental Health Awareness content throughout the month. The focus and emphasis of this content will be stigma reduction.

Council on Aging, Southern California (COASC) Social Media Campaign

TIME: Ongoing throughout the month of May

WHERE: COASC Social Media Platforms
(Facebook, Instagram, Twitter, LinkedIn, YouTube)

- Facebook: <https://www.facebook.com/councilonagingsocal/>
- Instagram: <https://www.instagram.com/councilonagingsocal/>
- Twitter: https://twitter.com/COA_SC
- LinkedIn: <https://www.linkedin.com/company/council-on-aging-socal/>
- YouTube: <https://www.youtube.com/channel/UC1ss658GqOsmTfv6PByT6EA>

Promote May as Mental Health Awareness Month amongst all social media platforms. This effort will utilize the toolkits designed by Each Mind Matters and Mental Health America.

MAY

IS NATIONAL MENTAL HEALTH AWARENESS MONTH

MAY is Mental Health Awareness month. Learn more at www.eachmindmatters.org

SOCIAL MEDIA CAMPAIGNS

ReConnect Early Intervention Services Older Adults (EISOA) Suicide Prevention Video

TIME: Ongoing throughout the month of May

WHERE: COASC Social Media Platforms
(Facebook, Instagram, Twitter, LinkedIn, YouTube)

- Facebook: <https://www.facebook.com/councilonagingsocal/>
- Instagram: <https://www.instagram.com/councilonagingsocal/>
- Twitter: https://twitter.com/COA_SC
- LinkedIn: <https://www.linkedin.com/company/council-on-aging-socal/>
- YouTube: <https://www.youtube.com/channel/UC1ss658GqOsmTfv6PByT6EA>

Promote ReConnect EISOA video highlighting suicide awareness and prevention.

<https://www.youtube.com/watch?v=VULibFVo7gc>

Keeping Our Seniors Safe During the Pandemic Public Service Announcement's (PSA)

TIME: Ongoing throughout the month of May

WHERE: COASC Social Media Platforms
(Facebook, Instagram, Twitter, LinkedIn, YouTube)

- Facebook: <https://www.facebook.com/councilonagingsocal/>
- Instagram: <https://www.instagram.com/councilonagingsocal/>
- Twitter: https://twitter.com/COA_SC
- LinkedIn: <https://www.linkedin.com/company/council-on-aging-socal/>
- YouTube: <https://www.youtube.com/channel/UC1ss658GqOsmTfv6PByT6EA>

Promote PSA Videos across Social Media Platforms on Keeping Seniors Safe During the Pandemic PSA's. Videos are available in English, Spanish, Vietnamese, Korean and Mandarin.

<https://www.youtube.com/watch?v=sxf7zAefuqk>

FIND QUICK FACTS AND STATISTICS ABOUT MENTAL HEALTH HERE:

<https://mhanational.org/mentalhealthfacts>

MAY is Mental Health Awareness month. Learn more at www.eachmindmatters.org

SOCIAL MEDIA CAMPAIGNS

Laguna Playhouse MHA Kick Off – Posting on Social Media

TIME: Ongoing throughout the month of May

WHERE: Laguna Playhouse Facebook & Instagram accounts:

- <https://www.instagram.com/lagunaplayhouse>
- <https://www.facebook.com/thelagunaplayhouse>

Learn more about OUR STORIES & Mental Health Resources for the Community. Creating awareness about MHA - May

"When asked 'Did you seriously consider attempting suicide during the past 12 months?'

45.8% of LGB youth reported that they had seriously considered attempting suicide versus 13.5% of their non-LGB peers.

Similar results were found for transgender youth, with 49.2% admitting to having seriously considered suicide versus 15.2% of non-transgender youth.

When translated into real numbers, this indicates that in one year in Orange County approximately 7,065 middle school and high school LGBT youth seriously considered attempting suicide."

SOURCE: <https://www.chapman.edu/education/files/research/oc-lgbt-narrative.pdf>

SOCIAL MEDIA CAMPAIGNS

SAMH Mental Health Awareness Month Social Media Campaign

TIME: Ongoing throughout the month of May

WHERE: Instagram:

<https://www.instagram.com/studentadvocatesformh/>

Facebook:

<https://www.facebook.com/Student-Advocates-for-Mental-Health-109902390846931>

Please call Stephanie Loscko if you have any questions: 714-966-4319 or

Email: sloscko@ocde.us

For more information regarding the Student Advocates for Mental Health Program, please visit our website:

<https://ocde.us/SAMH/Pages/default.aspx>

The Student Advocates for Mental Health (SAMH) program will create and curate posts for Instagram and Facebook to promote mental health awareness during the Month of May, as well as school and community resources.

DID YOU KNOW

LGB youth reported a higher use of methamphetamine and cocaine during their lifetime than their non-LGB peers (6.3% versus 2.4%) with transgender youth reporting a similar disparity (11.6% versus 2.6%).

SOURCE: <https://www.chapman.edu/education/files/research/oc-lgbt-narrative.pdf>

I think the saddest people always try their hardest to make people happy because they know what it's like to feel absolutely worthless.

Robin Williams

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1~8

*"The strongest people
are those who win
battles we know
nothing about"*

unknown

Connect-OC Mental Health Month Social Media Campaign: Breaking Barriers
This week's theme: Breaking Stigma

TIME: Posts will be made on Instagram, Facebook, and Twitter. Several posts will be made per week.

WHERE:

- Instagram: https://www.instagram.com/connect_oc/
- Facebook: <https://www.facebook.com/ConnectOCCoalition>
- Twitter: https://twitter.com/connect_oc

Connect-OC will be kicking off a social media campaign to support Mental Health Month. The overarching theme for the month will be "Breaking Barriers" and each week will have a separate theme/focus. This week will focus on "Breaking the Stigma." Content will incorporate positive affirmations, quotes, statistics, Each Mind Matters information, etc. that seek to reduce the stigma associated with mental health and promote #HopeForChange.

For more information or if you have any questions please contact Blair Veraza
Email: bveraza@p4w.org

DID YOU KNOW?

**60% OF ADULTS WITH A MENTAL
ILLNESS RECEIVED NO SERVICES IN THE
PREVIOUS YEAR**

SOURCE: <https://www.nami.org/NAMI/media/NAMI-Media/Infographics/GeneralMHFacts.pdf>

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“there is
nothing
to be
embarrassed
about.”

ISAIAH WILKINS

Art therapy to express emotions (in FARSI)

TIME: 7 p.m.-9 p.m.

WHERE: Join Zoom Meeting
Art Therapy to Express emotions (in FARSI)
Meeting ID: 384 959 6095
Passcode: 216735

Presenter: Yasaman Mostajeran, AMFT
Presented by OMID

Please email or call Shana if you have any questions at:
mgheisari@omidintitute.org or 949-502-4721

This webinar will be focused on using the art of storytelling and poetry reading to express your emotions and calm your mind.

Fostering Positive Coping Skills & Self Care During COVID-19

TIME: 10:30 a.m. – 11:30 a.m.

WHERE: Orange County Asian Pacific Islander Community Alliance (OCAPICA) – Zoom
To register for presentation available to Orange County Residents, click link:
<https://hipaa.jotform.com/wellnessesity400/coping-skills-self-care-may-3>
Once registered, an email confirmation will be sent with further information about the Zoom meeting.

Please call Yuki Shida if you have any questions:
(714) 636-9095. Email: yshida@ocapica.org

Join us today on learning how we can foster positive coping skills through COVID-19 by learning how to manage stress! Also we will be discussing the importance of self-care during the pandemic. This webinar will provide you with an opportunity to practice coping skills and resources!

A friend from school appears withdrawn and you're not quite sure if they have been considering self-harm.

Do you know the best way to support them?

WWW.SUICIDEISPREVENTABLE.ORG

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Coping Plus Spanish

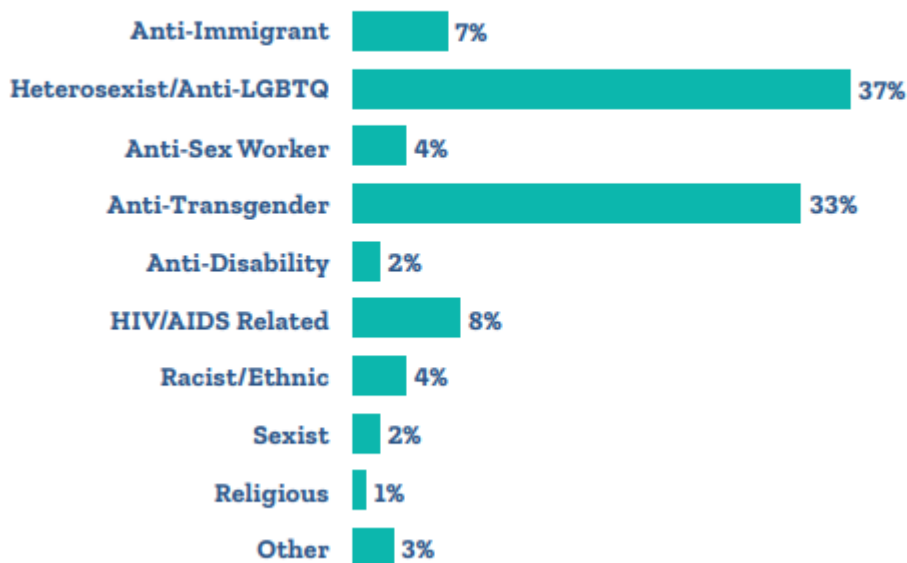
TIME: 4:00 p.m.-5:30 p.m.

WHERE: For more information, please contact to register:
www.hoag.org/mental-health

Hoag Mental Health Center
(949) 764-6542
307 Placentia Avenue
Newport Beach, CA 92663

Workshop for Adults to learn healthy coping skills to manage stress and difficult emotions. Virtual presentation.

Types of Bias in Reported Intimate Partner Violence in 2017



SOURCE: National Report on LGBTQ & HIV-Affected Violence in 2017. Report can be found at:
<http://avp.org/wp-content/uploads/2019/01/NCAVP-HV-IPV-2017-report.pdf>

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70-90% REPORT
IMPROVED
QUALITY OF LIFE
AFTER RECEIVING
SUPPORT AND
TREATMENT.

SOURCE: <https://up2sd.org>

Sleep Management During COVID-19

TIME: 1 p.m. – 2 p.m.

WHERE: Orange County Asian Pacific Islander Community Alliance (OCAPICA) – Zoom

To register for presentation available to Orange County residents, click link:

<https://hipaa.jotform.com/wellnessesity400/sleep-management-covid-19-may-3>

Once registered, an email confirmation will be sent with further information about the Zoom meeting.

Please call Yuki Shida if you have any questions: (714) 636-9095. Email: yshida@ocapica.org

Getting a sufficient amount of high-quality sleep is critically important for our overall health and well-being, and yet it's estimated that one out of every three adults doesn't get enough sleep. Come join us and receive helpful information and tips to a better sleep.

Redefining Success to Promote Asian American Wellness

TIME: 3 p.m. – 4 p.m.

WHERE: Orange County Asian Pacific Islander Community Alliance (OCAPICA) – Zoom

To register for presentation available to Orange County Residents, click link:

<https://hipaa.jotform.com/wellnessesity400/asian-american-wellness-may-3>

Once registered, an email confirmation will be sent with further information about the Zoom meeting.

Please call Yuki Shida if you have any questions: (714) 636-9095. Email: yshida@ocapica.org

How does the model minority myth affect Asian Americans' mental health? Learn about historical barriers to Asian American wellness and how we can redefine success to promote self-compassion and equity.

*"Out of suffering have emerged the strongest souls;
the most massive characters are seared with scars."*

--Khalil Gibran

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The most
violent
element in
society is
ignorance.

EMMA GOLDMAN

Seven Ways to Boost a Senior's Self-Esteem

TIME: 1 p.m.-2 p.m.

LOCATION: Virtual Presentation

<https://zoom.us/j/4670969882?pwd=K3dsZ2Ntc0F2WWFHam5Kb2lhV3V5QT09>
Passcode: 6Qva4a

A class designed to improve older adults' confidence and self-respect.

For additional information, please contact:

Nadia Abdalla, Case Manager at Access California Services

Phone: (714) 917-0440 Email: nadiah@accesscal.org

Healthy Steps

TIME: 10:00 a.m.-11:30 a.m.

WHERE: For more information, please contact to register:

www.hoag.org/mental-health

Hoag Mental Health Center

(949) 764-6542

307 Placentia Avenue

Newport Beach, CA 92663

Stroller walk with other parents and caregivers to children ages (Infants-3 years old). Group will focus on the benefits of exercise and mental health. This is a bilingual & in person group. Will meet most Mondays in May.

“People, even more than things, have to be
restored, renewed, revived, reclaimed and
redeemed. Never throw anyone out.”

~~Audrey Hepburn

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**Suicide
is the
3rd leading
cause
of death
for ages
15-24.**

Source:
CDC/Adolescent Health

Safe from the Start Parent Presentation

TIME: 9:30 a.m. - 10:30 a.m.

WHERE: Join Zoom Meeting
<https://ocde.zoom.us/j/85824334412>

Meeting ID: 858 2433 4412

Safe from the Start is a presentation that educates participants on the effects of violence on the developing brain. This training provides an understanding of brain development and how the brain can be rewired and healed, and providing a message of HOPE

For questions, please email vjohnson@ocde.us or call 714-966-4348.

Connect-OC Instagram Live: Anxiety and Depression

TIME: 11 a.m.

WHERE: Instagram Live: follow [@connect_oc](https://www.instagram.com/connect_oc/) on Instagram to watch
Instagram: https://www.instagram.com/connect_oc/

In recognition on Mental Health Month and Anxiety and Depression Awareness Week, Connect-OC interns will be hosting a special Instagram Live conversation for young adults 16-24 all about anxiety, depression and available resources.

For more information or if you have any questions please contact Blair Veraza
Email: bveraza@p4w.org

DID YOU KNOW

- [1 in 5](#) U.S. adults experience mental illness each year
- [1 in 20](#) U.S. adults experience serious mental illness each year
- [1 in 6](#) U.S. youth aged 6-17 experience a mental health disorder each year
- [50%](#) of all lifetime mental illness begins by age 14, and 75% by age 24

Source: <https://www.nami.org/About-Mental-Illness/Mental-Health-Conditions>

MAY is Mental Health Awareness month. Learn more at www.eachmindmatters.org

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Healthy Steps

TIME: 10:00 a.m.-11:30 a.m.

WHERE: For more information, please contact to register:
www.hoag.org/mental-health

Hoag Mental Health Center
(949) 764-6542
307 Placentia Avenue
Newport Beach, CA 92663

Stroller walk with other parents and caregivers to children ages (Infants-3 years old). Group will focus on the benefits of exercise and mental health. This is a bilingual & in person group. Will meet most Mondays in May.

Mental illness is associated with an increased occurrence of chronic diseases such as cardiovascular disease, diabetes, obesity, asthma, epilepsy, and cancer.

Source: CDC: U.S. Adult Mental Illness Surveillance Report
https://www.cdc.gov/mentalhealthsurveillance/fact_sheet.html

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Wellness is
the
natural state
of my body.

LOUISE HAY

How to Do-It-Yourself Workshop

TIME: 5:30 p.m.-7:00 p.m.

WHERE: Zoom link:

<https://us02web.zoom.us/j/86844182067?pwd=QnV1Y3FyZXNwZ1pFdYtGa00vM2lrZz09#success>

How to Do It Yourself

Please call Jerika if you have any questions:
(714) 834-4425. Email: jwhite@namioc.org

The NAMI Orange County Transitional Aged Youth (TAY) team will be hosting a four part Creativity and Skill Building workshop on Zoom. Kicking it off with a Do-It-Yourself webinar highlighting many creative outlets we invite you to join us and follow along attendees will be given the option to join breakout rooms during the workshop, followed by a larger Q&A portion and shared resources.

In 2015, 12.3% of adolescents in California, aged 12 to 17 years, had a least one major depressive episode while in the U.S. the number was 11.9%. Overall, both proportions were higher than previous years between 2005 to 2013 (ranging from 8.8% to 11.4%).

SOURCE: Substance Abuse and Mental Health Administration (2015). 2015 National Survey on Drug Use and Health. The 24th Annual Report on the Conditions of Children in Orange County.

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50%
of us
will
experience
a
mental
health
challenge
in
our lifetime.

Source: [CDC: U.S. Adult Mental Illness Surveillance Report](#)

Why Social Stigma is Scary

TIME: 2:00 p.m.-2:30 p.m.

LOCATION: Virtual Presentation:
<https://zoom.us/j/92409370381>

What is mental health, what is stigma, how to reduce stigma in life and share what kinds of barriers exist in helping people who experience mental health conditions.

For additional information, please contact:

Susan Lee, Case Manager

Korean Family Services

Phone: (714) 449-1125 ext. 43202 Email:

sulee@koreancommunity.org

Western Youth Services (WYS) Presents: What is Mental Health?

TIME: 1 p.m. – 2 p.m.

WHERE: Virtual event (Zoom)

To register for this training, please visit:

<https://www.eventbrite.com/e/wys-what-is-mental-health-tickets-149928952533>.

For more information or questions regarding this event, please email: training@westernyouthservices.org.

This presentation provides information regarding appropriate definitions and understanding of mental health, protective and risk factors.

Learning Objectives:

1. Understand and define what protective and risk factors are
2. Understand the meaning of stigma
3. Learn the action plan to reduce stigma

DID YOU KNOW?

Suicide is the 10th leading cause of death in the U.S., and the 2nd leading cause of death for people aged 10-34.

SOURCE: National Institutes of Mental Health (2018). "Suicide."
Retrieved December 6, 2018, from <https://www.nimh.nih.gov/health/statistics/suicide.shtml>

MAY is Mental Health Awareness month. Learn more at www.eachmindmatters.org

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POOR
MENTAL
HEALTH
INCREASES
THE RISK
FOR LONG-
LASTING
(CHRONIC)
PHYSICAL
CONDITIONS
LIKE
HEART DISEASE,
STROKE
AND
CANCER.

Seneca Family of Agencies Presents: Improving Communication with Youth Teen

TIME: 6:00 p.m. – 7:30 p.m.

WHERE: Virtual event (Zoom)

To register for this training, please visit:

<https://www.eventbrite.com/e/seneca-improving-communication-with-your-teen-tickets-146821855121>

For more information or questions regarding this event, please email: training@westernyouthservices.org.

In this training, participants will increase their awareness of different types of communication, review typical teenage development and learn practical communication strategies to use with their teens.

Target Audience: Parents and caregivers of teenagers and adolescents.

Suicide Prevention for Non-professionals

TIME: 1 p.m. – 2 p.m.

WHERE: Orange County Asian Pacific Islander Community Alliance (OCAPIA) – Zoom

To register for presentation available to Orange County Residents, click link:

<https://hipaa.jotform.com/wellnessesity400/suicide-prevention-may-4>

Once registered, an email confirmation will be sent with further information about the Zoom meeting.

Please call Yuki Shida if you have any questions: (714) 636-9095. Email: yshida@ocapica.org

Suicide is a public health issue. Learn about the risk and protective factors that contribute to suicide, warning signs to look for, barriers to seeking help, and how to help someone in need.

FIND MENTAL HEALTH INFORMATION AND STATISTICS HERE:

<https://www.nimh.nih.gov/health/statistics/index.shtml>

MAY is Mental Health Awareness month. Learn more at www.eachmindmatters.org

It's Okay To Talk About Suicide

- Suicide is the [2nd](#) leading cause of death among people aged 10-34 in the U.S.
- Suicide is the [10th](#) leading cause of death in the U.S.
- The overall suicide rate in the U.S. has increased by [35%](#) since 1999
- [46%](#) of people who die by suicide had a diagnosed mental health condition
- [90%](#) of people who die by suicide had shown symptoms of a mental health condition, according to interviews with family, friends and medical professionals (*also known as psychological autopsy*)
- Lesbian, gay and bisexual youth are [4x](#) more likely to attempt suicide than straight youth
- [78%](#) of people who die by suicide are male
- Transgender adults are [nearly 12x](#) more likely to attempt suicide than the general population
- Annual prevalence of serious thoughts of suicide, by U.S. demographic group:
 - [4.8%](#) of all adults
 - [11.8%](#) of young adults aged 18-25
 - [18.8%](#) of high school students
 - [46.8%](#) of lesbian, gay, and bisexual high school students

SOURCE: <https://www.nami.org/mhstats>

*If you or someone you
know is in an emergency,
call
The National Suicide Prevention Lifeline
at
800-273-TALK (8255)
or
call 911
immediately.*

MAY is Mental Health Awareness month. Learn more at www.eachmindmatters.org

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DID
YOU KNOW?

75%
OF MENTAL
ILLNESSES
START BY THE
AGE OF 24.

8 Dimensions of Wellness and Understanding Your Wellness

TIME: 3 p.m. – 4 p.m.

WHERE: Orange County Asian Pacific Islander Community Alliance (OCAPICA) – Zoom

To register for presentation available to Orange County Residents, click link:

<https://hipaa.jotform.com/wellnessesity400/8-dimensions-of-wellness-May-4>

Once registered, an email confirmation will be sent with further information about the Zoom meeting.

Please call Yuki Shida if you have any questions: (714) 636-9095. Email: yshida@ocapica.org

In this workshop we will review the 8 Dimensions of Wellness as well as take time to reflect on what we are doing for our wellness in each of the dimensions. This workshop will be interactive, so please bring writing materials.

What is Mental Health?

TIME: 6 p.m. – 7 p.m.

WHERE: WYS – Zoom

[https://zoom.us/j/99511597071?](https://zoom.us/j/99511597071?pwd=dXZoNzdtRTlFR04yQk8xTkFpTUlSUT09)

[pwd=dXZoNzdtRTlFR04yQk8xTkFpTUlSUT09](https://zoom.us/j/99511597071?pwd=dXZoNzdtRTlFR04yQk8xTkFpTUlSUT09)

Meeting ID: 995 1159 7071

Passcode: 350519

Contact Person: Ruben Dominguez

Email: Ruben.Dominguez@wysoc.org

This webinar is geared toward breaking the stigma associated with Mental Health. What is it? What influences it? How can we recognize the signs of mental illnesses and what can we do to cope with them?

In 2017, the prevalence of any mental illness (AMI) among U.S. adults was higher among women (22.3%) than men (15.1%).

text to (714)696-1126 to register

luzgonzalez@latinohealthaccess.org

Robin Williams



5

*"One small crack
does not mean that
you are broken, it
means that you
were put to the
test and you didn't
fall apart."*

Linda Poindexter

Social Emotional Learning Skills for Success – 3rd Grade

TIME: 3:00 p.m. - 3:30 p.m.

WHERE: Provided through Zoom. Please register via Eventbrite:
<https://www.eventbrite.com/e/social-emotional-learning-skills-for-success-3rd-grade-tickets-146674815321>

The workshops will be accessible through Eventbrite and will be targeted in approach to meet needs of students, parents, caregivers, teachers, and caring adults in the lives of children in grade levels that administrators have identified as higher needs due to the pandemic.

WYS-Behavioral Health Intervention Services program will utilize Zones of Regulation to help provide and teach participants to learn the common language of Social Emotional Learning (SEL) with children to help them understand and communicate their emotional states. WYS-BHIS will lead these virtual workshops for the purpose of providing individuals with SEL skills and tools for learning and practicing self-awareness as well as emotional regulation.

If you have any questions, please feel free to reach Emily Wang at: emily.wang@wysoc.org or call (949) 900-5380.

OUR STORIES – LGBTQUIA+ Workshop Session

TIME: 5 p.m.-7 p.m.

WHERE: Laguna Playhouse Zoom
<http://bit.ly/OSPrideZoom>

Dave Barton (Director/Playwright/Journalist) leads OUR STORIES Workshop to explore your story and ways to tell/share it with our community.

REGISTER FOR SESSION AT:
<http://bit.ly/OurStoriesPRIDE>

Please contact Dylan if you have any questions at:
drussell@lagunaplayhouse.com

You will smile again!!

5

WELLNESS
IS A
CONNECTION OF
PATHS:

KNOWLEDGE
AND ACTION.

JOSHUA WELCH

Be Well Wednesdays Series

TIME: 3:00 p.m.-4:30 p.m.

WHERE: Virtual presentation. For more information, please visit:
<https://bewelloc.org/events/2021-05/>

Target Population: LGBTIQ

Be Well partners include APAIT, Alianza Translatinx, Laguna Play House, LGBT Center, OC Accept, Radiant Center, Shanti OC, The Priority Center and VROC.

Over 30 community partners have collaborated in this Be Well Wellness Wednesday series of webinars. Each week focusses on a particular target audience. Experts in the field will discuss a mental health topic of interest to the target group followed by sharing of resources on how to access services and supports.

Coping Plus

TIME: 4:00 p.m.-5:30 p.m.

WHERE: For more information, please contact to register:
www.hoag.org/mental-health

Hoag Mental Health Center
(949) 764-6542
307 Placentia Avenue
Newport Beach, CA 92663

Workshop for Adults to learn healthy coping skills to manage stress and difficult emotions. Virtual presentation.

Todos tenemos cicatrices,

Todos tenemos historias.

5

*"My dark days made me
strong. Or maybe I
already was strong, and
they made me prove it."*

Emery Lord

Fostering Positive Coping Skills & Self Care During Covid-19

TIME: 10:30 a.m. – 11:30 a.m.

WHERE: Orange County Asian Pacific Islander Community Alliance (OCAPIA) – Zoom

To register for presentation available to Orange County Residents, click link:

<https://hipaa.jotform.com/wellnessesity400/coping-skills-self-care-may-5>

Once registered, an email confirmation will be sent with further information about the Zoom meeting.

Please call Yuki Shida if you have any questions:

(714) 636-9095. Email: yshida@ocapica.org

Join us today on learning how we can foster positive coping skills through COVID-19 by learning how to manage stress! Also we will be discussing the importance of self-care during the pandemic. This webinar will provide you with an opportunity to practice coping skills and resources!



MAY is Mental Health Awareness month. Learn more at www.eachmindmatters.org

5

Teens Next Door-Spreading Kindness with Sticky Notes

TIME: 5:00 p.m. - 6:15 p.m.

WHERE: Via Zoom
text to (714)696.1126 to register

Students will have the opportunity to learn about the different types of mental health issues and illness to identify and seek help. Students will be guided in creating positive notes and encouraged to share with others to raise mental health awareness and promote positivity.

For more information please contact Luz Gonzalez, Program Coordinator at Latino Health Access:
luzgonzalez@latinohealthaccess.org

Youth mental health is worsening. 9.7% of youth in the U.S. have severe major depression, compared to 9.2% in last year's dataset. This rate was highest among youth who identify as more than one race, at 12.4%.

Source: <https://www.mhanational.org/issues/state-mental-health-america>



MAY is Mental Health Awareness month. Learn more at www.eachmindmatters.org

5

Study Jams- Virtual Tutoring

TIME: 6:00 p.m. - 7:30 p.m.

WHERE: Via Zoom

text to (714)696.1126 to register

During the month of May, our virtual tutoring session will encourage discussion between students about academic stressors. Our sessions will cover topics like test anxiety, bullying, self-care and local resources.

For more information please contact Luz Gonzalez, Program Coordinator at Latino Health Access:

luzgonzalez@latinohealthaccess.org



"Anxiety does not empty tomorrow of its sorrows, but only empties today of its strength."

Charles Spurgeon

5

*"Your illness
is not your
identity.

Your
chemistry is
not your
character."*

Rick Warren

2021 Orange County Virtual Response Conference

TIME: 8:00 a.m.~12:30 p.m.

WHERE: Online Event

To register:

<https://tinyurl.com/OCCrisisResponseConference2021>

For questions regarding registration, contact Linda Behnami at lbehnami@ocde.us

For questions regarding content, contact Jennifer Ponce at 714-966-4290 or jponce@ocde.us

OCDE Crisis Response Network is hosting the 9th Annual Orange County Crisis Response Conference. This year's theme is Crisis Response and Mental Health Outcomes: The Power of Resiliency During COVID-19. This conference will focus on how to utilize effective practices in crisis response to reduce the emotional and mental health outcomes following a critical incident. This collaborative event aims to enhance knowledge and practices to strengthen prevention, intervention, and postvention efforts. Additionally, promising practices to support resiliency and post-traumatic growth during this pandemic and beyond.

The target audience of this event are Teachers, Administrators, School District Staff, Mental Health Professionals, First Responders, Crisis Responders, Non-Clinical Professionals, and Community Members.

Registration includes:

- Login for the virtual event platform to access live sessions and resource content
- On-demand access to all recorded sessions and resource content for 30-days post-conference

Registration Fee: No Cost

Deadline to Register: April 28, 2021

Please note that space is limited for this virtual event.

If you have registered and learn that you are unable to attend this conference please contact Jennifer Ponce by April 30, 2021.

6

**MENTAL
ILLNESS
CAN STRIKE
ANYONE.
IT KNOWS
NO AGE LIMITS,
ECONOMIC
STATUS, RACE,
CREED,
OR
COLOR.**

May is Mental Health Awareness Month

TIME: 12 p.m.- 1 p.m.

LOCATION: Virtual Presentation

<https://us02web.zoom.us/j/88678505926>

A video presentation and discussion about Mental Health.

For additional information, please contact:

Sokol Roeun, Case Manager

Phone: (714) 571-1966 EXT. 116 Email:

sokolr@cambodianfamily.org

Western Youth Services Presents: Understanding Adverse Childhood Experiences (ACEs)

TIME: 2 p.m.– 4 p.m.

WHERE: Virtual event (Zoom)

To register for this training, please visit:

<https://www.eventbrite.com/e/wys-understanding-adverse-childhood-experiences-aces-tickets-150797400083>

For more information or questions regarding this event, please email: training@westernyouthservices.org.

Learn why ACEs impact people's lives, and what we can all do to dramatically improve health and resilience for this and future generations.

Help spread awareness of this public health crisis by hosting this workshop for your staff, colleagues, clients or anyone you feel could benefit from learning more. Past attendees noted an increased understanding of ACEs Neuroscience and Resilience and said they were very likely to incorporate this newfound knowledge into actions for themselves, their loved ones, and their community. By coming together, we can break the cycle of trauma and begin the healing process our communities deserve.

Learn more about mental health conditions such as schizophrenia, PTSD, bipolar, borderline personality disorder, ADHD, OCD, depression, anxiety, eating disorders, suicide, addiction and others.

Visit: <https://www.nami.org/About-Mental-Illness>

MAY is Mental Health Awareness month. Learn more at www.eachmindmatters.org

6

I'M STILL
ME
NO MATTER MY
MENTAL HEALTH.

NIKI MCBAIN

Nutrition and Well-being Webinar

TIME: 5 p.m. ~ 6 p.m.

WHERE: Online via Zoom

Register to attend at: <https://nutrition-well-being-5-6-21.eventbrite.com>

For more information, please call Infoline at 1 (888) 955-6570 or email oe@theprioritycenter.org. This event is organized by The Priority Center.

The Priority Center's Outreach and Engagement (O&E) Program presents a MHA Month Zoom webinar on healthy eating, reviewing nutrition myths, the importance of exercise and the health effects of overall well-being and its relation to Mental Health. The webinar will be 60 minutes, 30 minutes of presentation and activities plus 30 minutes for attendees to have one on ones or ask questions as a group and enroll in O&E services.

Mental Health and Fitness Workshop~ in Spanish

TIME: 12 p.m.-1 p.m.

LOCATION: Virtual
<https://meet.google.com/udb-ubbi-btx>
(US) 1 (929) 299-3888 PIN: 211 071 448#

A Spanish language workshop for older adults on everyday tips and practices to improve mental and emotional health.

For additional information, please contact:

Abrazar

Martha Sanchez, Case Manager

Phone: (714) 898-0203 Email: m.sanchez@abrazarinc.com

In the United States, only 41% of people who had a
mental health disorder in the past year received
professional care or other services.

Source: <https://www.mentalhealthfirstaid.org/2019/02/5-surprising-mental-health-statistics/>

MAY is Mental Health Awareness month. Learn more at www.eachmindmatters.org

6

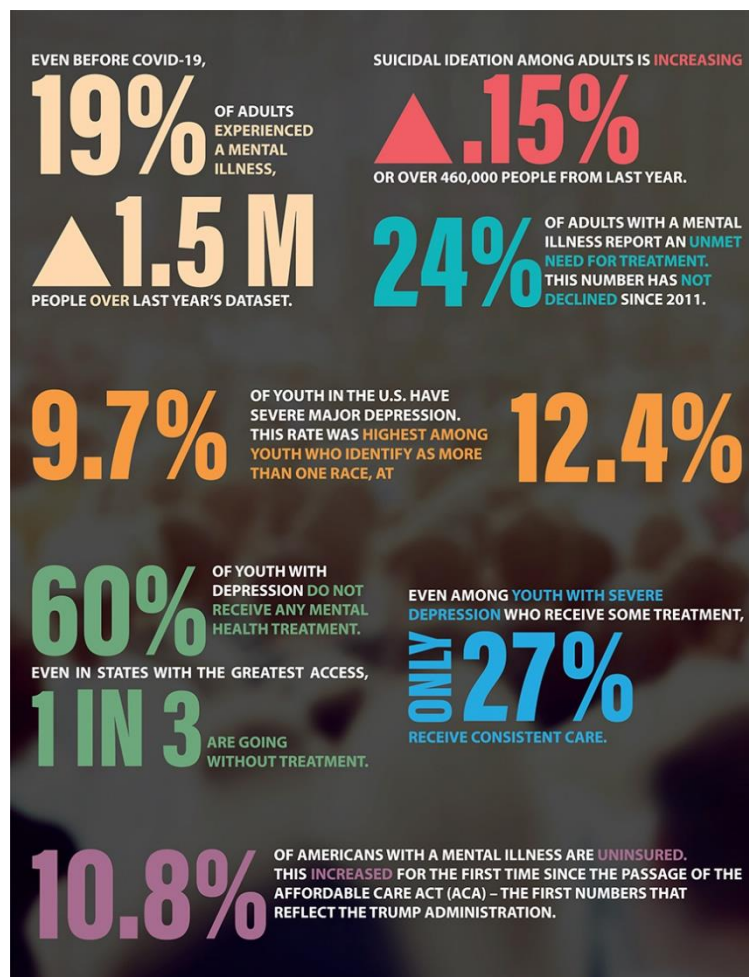
Dance it Out

TIME: 5:00 p.m. ~ 6:00 p.m.

WHERE: Via Zoom
text to (714)696.1126 to register

Students will be led in a dance class helping them understand the concepts of emotions and feelings as well as self-care through body movement. The end goal is for students to positively address emotions and self care through dance and apply them in their daily life.

For more information please contact Luz Gonzalez, Program Coordinator at Latino Health Access:
luzgonzalez@latinohealthaccess.org



SOURCE: <https://www.mhanational.org/issues/state-mental-health-america>

MAY is Mental Health Awareness month. Learn more at www.eachmindmatters.org

6

MENTAL
ILLNESS CAN BE
TREATED.

RESEARCH
SHOWS THAT
PEOPLE WITH
MENTAL
ILLNESS CAN
GET BETTER
AND MANY
RECOVER
COMPLETELY.

SOURCE: CDC/MENTAL HEALTH

Mental Health Video And Discussion

TIME: 12 p.m.- 1 p.m.

WHERE: Virtual Presentation. To register:
<https://us02web.zoom.us/j/88678505926>
Meeting ID: 886 7850 5926

Please call Sreyroth if you have any questions:
(714) 591-6439. Email: sreyrothl@cambodianfamily.org

The O&E Team will be hosting a 30 minute presentation on the benefits of practicing self-care for optimal mental health during Mental Health Awareness Month, with an emphasis on social isolation during the COVID-19 pandemic, along with mindfulness coping tips, ways to ask for support, and resources available at this time. The facilitators will also offer an additional 30 minutes at the end of the webinar to answer any questions, and conduct one-on-ones for skills-building as needed/requested by participants.

Mindfulness and Self-Compassion

TIME: 2 p.m. – 3 p.m.

WHERE: Orange County Asian Pacific Islander Community Alliance (OCAPICA) – Zoom
To register for presentation available to Orange County Residents, click link:
<https://hipaa.jotform.com/wellnessesity400/mindful-self-compassion-may-6>
Once registered, an email confirmation will be sent with further information about the Zoom meeting.

Please call Yuki Shida if you have any questions:
(714) 636-9095. Email: yshida@ocapica.org

Do you treat yourself like you would a friend? This workshop is an introduction to mindfulness and self-compassion and includes different mindful self-compassion practices.

DID YOU KNOW

Nationwide, almost one in five people (47.1 million) in the U.S. are living with a mental health condition. That number increased by about 1.5 million over last year's report.

(Source: <https://mhanational.org/number-people-reporting-anxiety-and-depression-nationwide-start-pandemic-hits-all-time-high>)

MAY is Mental Health Awareness month. Learn more at www.eachmindmatters.org

6

*"You, yourself,
as much as
anybody in the
entire universe,
deserve your
love and
affection."*

Buddha

Nutrition and Well-being Webinar

TIME: 5 p.m. ~ 6 p.m.

WHERE: Online via Zoom

Register to attend at: <https://nutrition-well-being-5-6-21.eventbrite.com>

For more information, please call Infoline at 1(888) 955-6570 or email oe@theprioritycenter.org

The Priority Center's O&E Program presents a MHA Month Zoom webinar on healthy eating, reviewing nutrition myths, the importance of exercise and the health effects of overall well-being and its relation to Mental Health. The webinar will be 60 minutes, 30 minutes of presentation and activities plus 30 minutes for attendees to have one on ones or ask questions as a group and enroll in O&E services.

The Importance of Mental Health in the Persian Community

TIME: 4:30 p.m.-6:00 p.m.

LOCATION: Virtual

<https://zoom.us/j/95343699809?pwd=YW5tTDZkTy9odFowSGVnaGlkcmZOdz09>

A class presented in Farsi on how to meditate to improve mental health.

For additional information, please contact:

Soheila Rahmanian, Case Manager

OMID

Phone: (949) 502-4721 Email: srahmanian@omidinstitute.org

DID YOU KNOW?

THE AVERAGE DELAY BETWEEN ONSET OF SYMPTOMS
AND INTERVENTION IS 8-10 YEARS.

SOURCE: <https://www.nami.org/NAMI/media/NAMI-Media/Infographics/Children-MH-Facts-NAMI.pdf>

MAY is Mental Health Awareness month. Learn more at www.eachmindmatters.org

6

“WHAT MENTAL
HEALTH NEEDS IS
MORE SUNLIGHT,
MORE CANDOR,
AND MORE
UNASHAMED
CONVERSATION.”

Glenn Close

4th Annual Mental Health Awareness Day Symposium

TIME: Starting at 7 a.m.

WHERE: Free virtual registration
<https://connect.ncoa.org/oamhad>

Program staff will participate in free, all-day, virtual event that will feature engaging plenaries, informative sessions, and a diverse array of topics addressing the most pressing needs in older adult mental health. Symposium is brought to you by the National Council on Aging, U.S. Administration for Community Living, and Substance Abuse and Mental Health Services Administration.

For more information, please visit:
<https://www.ncoa.org/article/4th-annual-older-adult-mental-health-awareness-day-symposium>

DID YOU KNOW

Rates of suicidal ideation are highest among youth, especially LGBTQ+ youth. In September 2020, over half of 11-17-year-olds reported having thoughts of suicide or self-harm more than half or nearly every day of the previous two weeks. From Jan. to Sept. 2020, nearly 78,000 youth reported experiencing frequent suicidal ideation, including nearly 28,000 LGBTQ+ youth.

(Source: <https://mhanational.org/number-people-reporting-anxiety-and-depression-nationwide-start-pandemic-hits-all-time-high>)

MAY is Mental Health Awareness month. Learn more at www.eachmindmatters.org

7

MENTAL
HEALTH...IS
NOT A
DESTINATION,
BUT A PROCESS.
IT'S ABOUT
HOW YOU
DRIVE, NOT
WHERE YOU'RE
GOING."

NOAM SHPANCER,
PHD

31 Ways to Improve your Wellness

TIME: 12:00 p.m.- 1:30 p.m.

LOCATION: Virtual Presentation
<https://zoom.us/j/3109821201>

An overview on strategies and practices to help improve your overall health will be provided by Orange County Children's Therapeutic Arts Center (OCCTAC).

For additional information, please contact:

Rosa Garcia, Case Manager

Phone: (714) 264-5385 Email: rosag@occtac.org

Fostering Positive Coping Skills & Self Care During COVID-19

TIME: 10 a.m. – 11 a.m.

WHERE: Orange County Asian Pacific Islander Community Alliance (OCAPICA) – Zoom

To register for presentation available to Orange County Residents, click link:

<https://hipaa.jotform.com/wellnessesity400/coping-skills-self-care-may-7>

Once registered, an email confirmation will be sent with further information about the Zoom meeting.

Please call Yuki Shida if you have any questions:
(714) 636-9095. Email: yshida@ocapica.org

Join us today on learning how we can foster positive coping skills through COVID-19 by learning how to manage stress! Also we will be discussing the importance of self-care during the pandemic. This webinar will provide you with an opportunity to practice coping skills and resources!

"Anything that's human is mentionable, and anything that is mentionable can be more manageable. When we can talk about our feelings, they become less overwhelming, less upsetting, and less scary."
Fred Rogers

MAY is Mental Health Awareness month. Learn more at www.eachmindmatters.org

7

*"Just because
you
don't
understand
it
doesn't mean it
isn't so."*

Lemony Snicket,
The Blank Book

Stress and Coping Skills

TIME: 11 a.m. – 12 p.m.

WHERE: Orange County Asian Pacific Islander Community Alliance (OCAPICA) – Zoom

To register for presentation available to Orange County Residents, click link:

<https://hipaa.jotform.com/wellnessesity400/stress-and-coping-skills-may-7>

Once registered, an email confirmation will be sent with further information about the Zoom meeting.

Please call Yuki Shida if you have any questions:
(714) 636-9095. Email: yshida@ocapica.org

In this workshop we will learn about stress and it's causes and impacts. After we will transition to learning about coping skills to manage stress, discuss why they are beneficial to continue to utilize during COVID-19, and also work on setting goal(s) to continue to utilize coping skills as tools to improve our well-being.

Small Acts of Self-Care during COVID-19

TIME: 1 p.m. – 2 p.m.

WHERE: Orange County Asian Pacific Islander Community Alliance (OCAPICA) – Zoom

To register for presentation available to Orange County Residents, click link:

<https://hipaa.jotform.com/wellnessesity400/self-care-covid-19-may-7>

Once registered, an email confirmation will be sent with further information about the Zoom meeting.

Please call Yuki Shida if you have any questions:
(714) 636-9095. Email: yshida@ocapica.org

Simple acts of self-care can have a big impact to your mental and physical self. Join us to learn these practices that can help you wind down, find calm, and feel better.

"The only journey is the journey within."

Rainer Maria Rilke

7

Cooking Together

TIME: 6:00 p.m. ~ 7:00 p.m.

WHERE: Via Zoom
text to (714)696.1126 to register

Students will be introduced to the importance of healthy eating and how it affects our physical and mental health. Students will learn how integrating healthy ingredients and making small changes in our daily diet can improve our well-being, since food is directly linked to our emotional health.

For more information please contact Luz Gonzalez, Program Coordinator at Latino Health Access:
luzgonzalez@latinohealthaccess.org

Young people are struggling most with their mental health. The proportion of youth ages 11~17 who accessed screening was 9 percent higher than the average in 2019. Not only are the number of youth searching for help with their mental health increasing, but throughout the COVID-19 pandemic youth ages 11~17 have been more likely than any other age group to score for moderate to severe symptoms of anxiety and depression.

SOURCE: <https://www.mhanational.org/issues/state-mental-health-america>

7

“IF WE START BEING
HONEST ABOUT OUR
PAIN, OUR ANGER,
AND OUR
SHORTCOMINGS
INSTEAD OF
PRETENDING THEY
DON'T EXIST, THEN
MAYBE WE'LL LEAVE
THE WORLD A
BETTER PLACE THAN
WE FOUND IT.”

RUSSELL WILSON

Race, Mental Health, and AAPI Identities

TIME: 4 p.m. – 5:30 p.m.

WHERE: Orange County Asian Pacific Islander Community Alliance (OCAPIA) – Zoom

To register for presentation available to Orange County Residents, click link:

<https://hipaa.jotform.com/wellnessesity400/race-mental-health-aapi-may-7>

Once registered, an email confirmation will be sent with further information about the Zoom meeting.

Please call Yuki Shida if you have any questions:
(714) 636-9095. Email: yshida@ocapica.org

A critical look at how AAPI identities are represented in the field of mental health and how it is shaped by race. This workshop will seek to appraise participants of the historical racial discrimination of AAPIs in the US, how racial discrimination affects AAPI individuals, and how AAPI individuals cope with mental health challenges stemming from racial discrimination. The workshop will suggest strategies on how AAPI individuals can effectively manage their mental wellness and combat racial discrimination.

YOU ARE NOT ALONE

- [20.6%](#) of U.S. adults experienced mental illness in 2019 (51.5 million people). This represents 1 in 5 adults.
- [5.2%](#) of U.S. adults experienced serious mental illness in 2019 (13.1 million people). This represents 1 in 20 adults.
- [16.5%](#) of U.S. youth aged 6-17 experienced a mental health disorder in 2016 (7.7 million people)
- [3.8%](#) of U.S. adults experienced a co-occurring substance use disorder and mental illness in 2019 (9.5 million people)

Source: <https://www.nami.org/mhstats>

MAY is Mental Health Awareness month. Learn more at www.eachmindmatters.org

7

"Some of the most comforting words in the universe are 'me too.' That moment when you find out that your struggle is also someone else's struggle, that you're not alone, and that others have been down the same road."

Unknown

Mental Health Awareness – Talk Saves Lives Webinar

TIME: 9 a.m. – 10 a.m.

WHERE: <https://www.eventbrite.com/e/mental-health-awareness-talk-saves-lives-tickets-145761860649>

Zoom invite sent upon registration via Eventbrite.com

For more information, please visit Easterseals Southern California's Eventbrite page at:

<https://www.eventbrite.com/o/easterseals-southern-california-outreach-amp-engagement-31751148045>

Please call James if you have any questions:
(714) 909-6135

Email: james.peterson@essc.org

Easterseals Southern California Outreach & Engagement services hosts a 60-minute "Talk Saves Lives" webinar from the American Foundation for Suicide Prevention (AFSP). This discussion focuses on recognizing signs and symptoms of mental illness and creating a dialogue so that others may feel open and comfortable discussing mental health.

Published studies report that about 25% of all U.S. adults have a mental illness.

SOURCE: [CDC: U.S. Adult Mental Illness Surveillance Report](#)

MAY is Mental Health Awareness month. Learn more at www.eachmindmatters.org

7

PLAYPEN – Cucu Chanel’s Island of Beauty – Make Up Challenge

TIME: 7 p.m.-8 p.m.

WHERE: Laguna Playhouse Facebook live
<https://www.facebook.com/thelagunaplayhouse>

Drag Queens Cucu Chanel, Isabella Xotchitl & Electra Young share their stories of resilience and instill body positivity & glamour by teaching an eye makeup tutorial/challenge for our audience. Make some “me” time to hang out with Cucu!

Please contact Dylan if you have any questions at:
drussell@lagunaplayhouse.com

DID YOU KNOW

Annual prevalence of mental illness among U.S. adults, by demographic group:

- Non-Hispanic Asian: [14.4%](#)
- Non-Hispanic white: [22.2%](#)
- Non-Hispanic black or African-American: [17.3%](#)
- Non-Hispanic American Indian or Alaska Native: [18.7%](#)
- Non-Hispanic mixed/multiracial: [31.7%](#)
- Non-Hispanic Native Hawaiian or Other Pacific Islander: [16.6%](#)
- Hispanic or Latino: [18.0%](#)
- Lesbian, Gay or Bisexual: [44.1%](#)

Source: <https://www.nami.org/mhstats>

7

“DON’T GIVE IN
TO STIGMA. A
DIAGNOSIS
DOES NOT
DETERMINE
WHO YOU ARE
OR WHAT YOU
CAN DO!”

UNKNOWN

Social Emotional Learning Skills for Success – 4th Grade

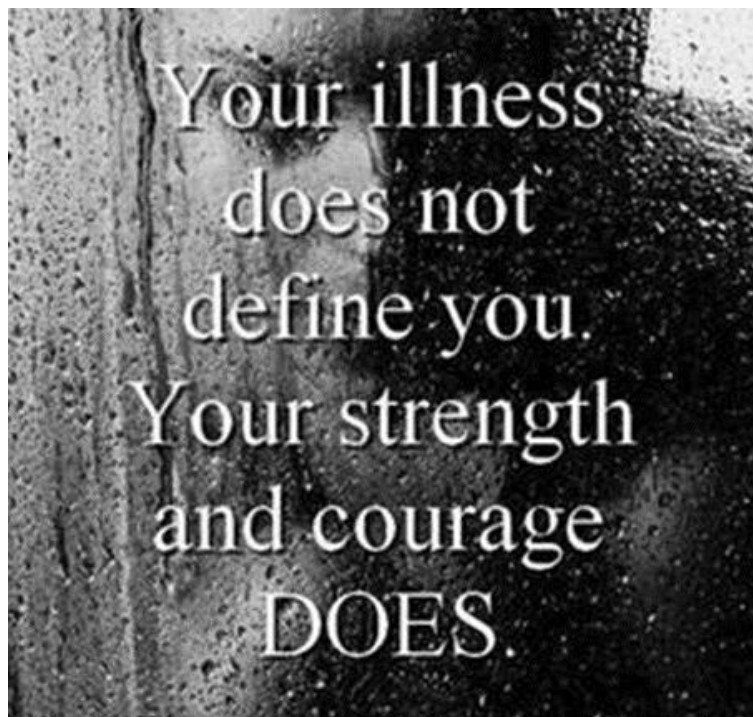
TIME: 3:00 p.m. -3:30 p.m.

WHERE: Provided through Zoom. Please register via Eventbrite:
<https://www.eventbrite.com/e/social-emotional-learning-skills-for-success-4th-grade-tickets-146677623721>

Workshops will be accessible through Eventbrite and will be targeted in approach to meet needs of students, parents, caregivers, teachers, and caring adults in the lives of children in grade levels that administrators have identified as higher needs due to the pandemic.

WYS-BHIS providers will utilize Zones of Regulation to help provide and teach participants to learn the common language of SEL with children to help them understand and communicate their emotional states. WYS-BHIS will lead these virtual workshops for the purpose of providing individuals with SEL skills and tools for learning and practicing self-awareness as well as emotional regulation.

If you have any questions, please feel free to reach Emily Wang at: emily.wang@wysoc.org or call (949) 900-5380.



MAY is Mental Health Awareness month. Learn more at www.eachmindmatters.org

CSPI Community Forum Featuring a Special “StanD” Performance

TIME: 9:00 a.m.-10:30 a.m.

WHERE: Registration: <https://bewelloc.org/event/cspi-community-forum-8/>

For further information, please contact brandan.soltes@mind-oc.org

The Orange County Community Suicide Prevention Initiative aims to prevent suicide by promoting hope and purposeful life in the community – especially among survivors, those at risk, and their loved ones. Come partner with fellow OC residents advancing this mission.

Be Well OC's CSPI Community Forum presents

StanD

A play to help break the stigma of mental illness

Written, directed and performed by Christopher Aguilar, a member of our community forum

Featuring Jaime Barcelon, Shae Palma, Edrian Pangilinan, Charles Gray and Iya Baclagan.

Saturday, May 8th 9am - 10:30am PST

Please contact brandan.soltes@mind-oc.org for registration information.

Funded by: The Orange County Health Care Agency (OCHCA), Behavioral Health Services, Prevention & Intervention, Mental Health Services ACT/Prop 63

BeWell OC Health CARE AGENCY

MAY is Mental Health Awareness month. Learn more at www.eachmindmatters.org

9~15

*"I fight for my health
every day in ways most
people don't understand.
I'm not lazy. I'm a
warrior."*

UNKNOWN

Connect-OC Mental Health Month Social Media Campaign: Breaking Barriers
TIME: Posts will be made on Instagram, Facebook and Twitter. Several posts will be made per week.

WHERE: Instagram: https://www.instagram.com/connect_oc/

Facebook: <https://www.facebook.com/ConnectOCCoalition>

Twitter: https://twitter.com/connect_oc

Connect-OC will be kicking off a social media campaign to support Mental Health Month. The overarching theme for the month will be "Breaking Barriers" and each week will have a separate theme/focus. This week will focus on "Breaking cycles." Content will incorporate positive affirmations, quotes, statistics, Each Mind Matters information, etc. that seek to encourage young adults to speak up, share, and break generational cycles of stigma about mental health and promote #HopeForChange.

For more information or if you have any questions please contact Blair Veraza
Email: bveraza@p4w.org

DID YOU KNOW

Annual prevalence among U.S. adults, by condition:

- Major Depressive Episode: [7.8%](#) (19.4 million people)
- Schizophrenia: [≤1%](#) (estimated 1.5 million people)
- Bipolar Disorder: [2.8%](#) (estimated 7 million people)
- Anxiety Disorders: [19.1%](#) (estimated 48 million people)
- Posttraumatic Stress Disorder: [3.6%](#) (estimated 9 million people)
- Obsessive Compulsive Disorder: [1.2%](#) (estimated 3 million people)
- Borderline Personality Disorder: [1.4%](#) (estimated 3.5 million people)

Source: <https://www.nami.org/mhstats>

MAY is Mental Health Awareness month. Learn more at www.eachmindmatters.org

10

*"Don't let your
struggle become
your identity."*

Unknown

Seneca Family of Agencies Presents: Positive Behavioral Intervention (2-Part Training)

TIME: 9 a.m. – 1 p.m.

WHERE: Virtual event (Zoom)

To register for this training, please visit:

<https://www.eventbrite.com/e/seneca-positive-behavioral-intervention-2-part-training-tickets-137646541511>

For more information or questions regarding this event, please email: training@westernyouthservices.org.

This will be a two-part training.

Please assure you can attend both days of the training listed below before registering.

Part 1: Monday, May 10th 2021 from 9 a.m. – 1 p.m.

Part 2: Monday, May 17th 2021 from 9 a.m. – 1 p.m.

This training will give an introduction to the advantages/risks of positive behavioral intervention, discuss the components of behavioral assessment and types of interventions and practice the use of behavioral strategies across multiple settings.

This training is meant to help participants break down behaviors that are having the greatest impact on relationships and identify ways to get the family and team members on board towards a common goal.

*Never underestimate the pain of a person, because, in all honesty,
everyone is struggling. Just some people are better
at hiding it than others.*

Unknown

10

*"The Best Way To
Get Started Is To
Quit Talking And
Begin Doing."*

Walt Disney

Sleep Management During COVID-19

TIME: 1 p.m. – 2 p.m.

WHERE: Orange County Asian Pacific Islander Community Alliance (OCAPICA) – Zoom

To register for presentation available to Orange County Residents, click link:

<https://hipaa.jotform.com/wellnessesity400/sleep-management-covid-19-may-10>

Once registered, an email confirmation will be sent with further information about the Zoom meeting.

Please call Yuki Shida if you have any questions:
(714) 636-9095. Email: yshida@ocapica.org

Getting a sufficient amount of high-quality sleep is critically important for our overall health and well-being, and yet it's estimated that one out of every three adults doesn't get enough sleep. Come join us and receive helpful information and tips to a better sleep.

Stress and the Body: Stretching, Mindfulness and Physical Wellness

TIME: 3 p.m. – 4 p.m.

WHERE: Orange County Asian Pacific Islander Community Alliance (OCAPICA) – Zoom

To register for presentation available to Orange County Residents, click link:

<https://hipaa.jotform.com/wellnessesity400/stress-and-the-body-may-10>

Once registered, an email confirmation will be sent with further information about the Zoom meeting.

Please call Yuki Shida if you have any questions:
(714) 636-9095. Email: yshida@ocapica.org

Mental stress takes a huge toll on your body, both in the present and the future. Join us for some mindful, meditative stretching to promote your total body wellness!

*"The Pessimist Sees Difficulty In Every Opportunity. The Optimist Sees
Opportunity In Every Difficulty."*

Winston Churchill

10

“DON'T LET
YESTERDAY
TAKE UP
TOO MUCH
OF TODAY.”

WILL ROGERS

Chair Yoga for Mental Clarity (for English Speakers)

TIME: 11 a.m. – 12 p.m.

WHERE: Virtually on Zoom

Join Zoom Meeting

<https://us02web.zoom.us/j/89316182772>

Meeting ID: 893 1618 2772

For more information, please contact Christine if you have any questions:

Phone: (714) 352-8836

Email: ctranle@coasc.org

The Council on Aging's ReConnect Program is providing chair yoga as an activity during Mental Health Awareness Month. Chair yoga can improve proprioception and give you greater control of your body and movement. Reduce stress, anxiety, depression, and improve mental clarity with chair yoga. Chair yoga can lessen the impacts of chronic illnesses and pain. Let us create happiness and overall well-being with this activity!

*“You Learn More From Failure Than From Success.
Don't Let It Stop You. Failure Builds Character.”*

Unknown

10

Healthy Steps

TIME: 10:00 a.m.-11:30 a.m.

WHERE: For more information, please contact to register:
www.hoag.org/mental-health

Hoag Mental Health Center
(949) 764-6542
307 Placentia Avenue
Newport Beach, CA 92663

Stroller walk with other parents and caregivers to children ages (Infants-3 years old). Group will focus on the benefits of exercise and mental health. This is a bilingual & in person group. Will meet most Mondays in May.



MAY is Mental Health Awareness month. Learn more at www.eachmindmatters.org

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*"It's Not Whether You
Get Knocked Down,
It's Whether You Get
Up."*

Vince Lombardi

The Importance of Staying Connected (for Vietnamese Speakers)

TIME: 1 p.m.-3 p.m.

WHERE: Zoom Virtual Meeting

For more information, please visit the website

Eventbrite page

<https://www.eventbrite.com/e/mental-health-awareness-the-important-of-stay-in-connect-vietnamese-tickets-148401361467>

Please contact Vinh with any questions

Email: vvo@coasc.org

ReConnect EISOA Vietnamese speaking group leader will conduct an educational and socialization-based activity. The educational piece will focus on educating participants on the importance of Mental Health and how it affects the society (informative data, facts and videos will be provided). The group will also highlight the importance of staying connected, as well as developing a social network amongst one another. The socialization piece of the group will have an emphasis "Helping Hands." The activity will focus on reminding participants on how to overcome emotional challenges. The group will verbally share one another's coping mechanisms.

DID YOU KNOW?

**1 IN 4 ADULTS EXPERIENCES
MENTAL ILLNESS IN A GIVEN
YEAR.**

MAY is Mental Health Awareness month. Learn more at www.eachmindmatters.org

11

*"If You Are
Working On
Something That
You Really Care
About, You Don't
Have To Be
Pushed. The Vision
Pulls You."*

Steve Jobs

Coping with Anxiety in Social Situations

TIME: 12:30 p.m. – 1:30 p.m.

WHERE: Orange County Asian Pacific Islander Community Alliance (OCAPICA) – Zoom

To register for presentation available to Orange County Residents, click link:

<https://hipaa.jotform.com/wellnessesity400/anxiety-social-situations-may-11>

Once registered, an email confirmation will be sent with further information about the Zoom meeting.

Please call Yuki Shida if you have any questions:
(714) 636-9095. Email: yshida@ocapica.org

Learn ways to reduce your fear and worry about social situations and improve your communication skills.

Internet Safety

TIME: 6 p.m. – 7 p.m.

WHERE: WYS – Zoom

[https://zoom.us/j/94112698693?](https://zoom.us/j/94112698693?pwd=Z1Rzd2RLZkhUbFptcENjeUZwM1AzQT09)

[pwd=Z1Rzd2RLZkhUbFptcENjeUZwM1AzQT09](https://zoom.us/j/94112698693?pwd=Z1Rzd2RLZkhUbFptcENjeUZwM1AzQT09)

Meeting ID: 941 1269 8693

Passcode: 741677

Contact Person: Ruben Dominguez

Email: Ruben.Dominguez@wysoc.org

This webinar covers the basics of how to talk to your kids about internet responsibility. The webinar focuses on becoming familiar with the proper freedoms and limitations kids should be granted, deciding how the internet should use as part of their life, and dealing with online bullying.

*"Failure Will Never Overtake Me If My Determination
To Succeed Is Strong Enough."*

Og Mandino

11

"We May
Encounter
Many Defeats
But We Must
Not Be
Defeated."

Maya Angelou

Seneca Family of Agencies Presents: Suicide Prevention & Assessment

TIME: 9:00 a.m. – 11:30 a.m.

WHERE: Virtual event (Zoom)

To register for this training, please visit:

<https://www.eventbrite.com/e/seneca-suicide-prevention-assessment-tickets-149589027809>

For more information or questions regarding this event, please email: training@westernyouthservices.org.

This training will help mental health professionals identify who is most at risk and what is most commonly used to complete suicide. Participants will also learn why people choose suicide, accessing, responding and documenting suicide.

A zoom link will be emailed to you the week of the training.

Western Youth Services Presents: Resilience

TIME: 6:30 p.m. - 8:30 p.m.

WHERE: Virtual event (Zoom)

To register for this training, please visit:

<https://www.eventbrite.com/e/resilience-tickets-147655819531>

For more information or questions regarding this event, please email: training@westernyouthservices.org.

Join us for healing, hope and insight as we advance awareness on one of the largest public health crisis in our country. As the highly acclaimed documentary Resilience - The Biology of Stress and the Science of Hope reveals, there is a dangerous biological syndrome caused by abuse and neglect during childhood. Toxic stress impacts the brain development of children and can be predictive of a lifetime of physical and mental illness. What's more, the physiological changes brought on by toxic stress also put children at greater risk for homelessness, prison time and early death. But this does not have to be the case. Resilience chronicles the work of trailblazers who are addressing toxic stress and other Adverse Childhood Experiences (ACEs), such as abuse, neglect and violence with nearly every research-recommended strategy and, thereby providing insight, hope, and strategies on how each one of us can make a difference.

11

Mental Health 101: Minorities & Stigma Webinar

TIME: 5 p.m. ~ 6 p.m.

WHERE: Online via Zoom

Register to attend at: <https://mh101-minorities-stigma-5-11-21.eventbrite.com>

For more information, please call 1(888) 955-6570 or email oe@theprioritycenter.org. This event is organized by The Priority Center.

The Priority Center's O&E Program presents a MHA Month Zoom webinar focused on mental health and the stigma minorities face. The webinar will be 60 minutes, 30 minutes of presentation and activities plus 30 minutes for attendees to have one on ones or ask questions as a group and enroll in O&E services.

*“We Generate
Fears While We
Sit. We Overcome
Them By Action.”*

Dr. Henry Link

DID YOU KNOW MENTAL HEALTH CARE MATTERS

- 43.8% of U.S. adults with mental illness received treatment in 2019
- 65.5% of U.S. adults with serious mental illness received treatment in 2019
- 50.6% of U.S. youth aged 6-17 with a mental health disorder received treatment in 2016
- The average delay between onset of mental illness symptoms and treatment is 11 years
- Annual treatment rates among U.S. adults with any mental illness, by demographic group:
 - Male: 36.8%
 - Female: 49.7%
 - Lesbian, Gay or Bisexual: 49.2%
 - Non-Hispanic Asian: 23.3%
 - Non-Hispanic white: 50.3%
 - Non-Hispanic black or African-American: 32.9%
 - Non-Hispanic mixed/multiracial: 43.0%
 - Hispanic or Latino: 33.9%
- 10.9% of U.S. adults with mental illness had no insurance coverage in 2019
- 11.9% of U.S. adults with serious mental illness had no insurance coverage in 2019
- 55% of U.S. counties do not have a single practicing psychiatrist

Source: <https://www.nami.org/mhstats>

MAY is Mental Health Awareness month. Learn more at www.eachmindmatters.org

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*"The Only Limit
To Our
Realization Of
Tomorrow Will
Be Our Doubts
Of Today."*

Motivational Quote By
Franklin D. Roosevelt

Depression and Anxiety in children and adolescents (in FARSI)

TIME: 2 p.m.-3:30 p.m.

WHERE: Zoom webinar

Join Zoom Meeting

<https://zoom.us/j/91862490620?pwd=OEEd5bTErV0k2TmwrMUlnamxjU2x1UT09>

Meeting ID: 918 6249 0620

Passcode: 192622

Presenter: Dr.Sareh Behzadipour

Please email or call Shana if you have any questions at:
mgheisari@omidintitute.org or (949) 502-4721.

Practicing Self-Care

TIME: 2 p.m. – 3 p.m.

LOCATION: Virtual Presentation

<https://zoom.us/j/8492142017>

Passcode: 435710

Learn how to be cared for by you. Know your limits, getting the sleep you need, staying well fed, and finding a way to decompress throughout the day.

For additional information, please contact:

Hoang Khang Nguy, Case Manager at Southland Integrated Services

Phone: (714) 707-1086 Email:

hknguy@southlandintegrated.org

*"Creativity Is Intelligence
Having Fun."*

Albert Einstein

11

Safe From the Start Parent Presentation (in Spanish)

TIME: 11:30 a.m.~ 12:30 p.m.

WHERE: Join Zoom Meeting
<https://ocde.zoom.us/j/85824334412>

Meeting ID: 858 2433 4412

Safe from the Start es una presentación que brinda educación a los participantes sobre los efectos de la violencia en el desarrollo del cerebro. Esta capacitación proporciona una comprensión del desarrollo del cerebro y cómo el cerebro puede ser reconfigurado y curado, y brinda un mensaje de ESPERANZA.

For questions, please email vjohnson@ocde.us or call (714) 966-4348.



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“YOU
ARE
NEVER
TOO OLD
TO SET
ANOTHER
GOAL OR
TO
DREAM A
NEW
DREAM.”

C.S. Lewis

Professional Growth & Skill Building

TIME: 5:30 p.m.-7:00 p.m.

WHERE: Zoom link:
<https://us02web.zoom.us/j/86844182067?pwd=QnV1Y3FyZXNwZ1pFdYtGa00vM2lrZz09#success>

For more information, please visit the website at:
<https://www.namioc.org/teens-young-adults>

Please call Jerika if you have any questions: (714) 544-8488.
Email: jwhite@namioc.org

The NAMI Orange County TAY team will be hosting a four part Creativity and Skill Building workshop on Zoom. The second day is built to equip TAY for professional growth through self-advocacy and additional tools to practice their professionalism. Attendees will gain knowledge of self-advocacy, confidence building, boundary setting, prioritizing self-care, mental health awareness, and interviewing 101 in the workplace.

Calm Box

TIME: 3:30 p.m.-4:30 p.m.

WHERE: For more information, please contact to register:
www.hoag.org/mental-health

Hoag Mental Health Center
(949) 764-6542
307 Placentia Avenue
Newport Beach, CA 92663

Workshop in collaboration with Newport Mesa Family Resource Center for children ages 8-12 years old. Participants will learn ways to self-regulate and will create a calm box to take home that will be filled with tools to help them cope. This is an in-person group.

*“Do What You Can With All You Have,
Wherever You Are.”*

Theodore Roosevelt

11

Intro to Mental Health Awareness and Navigating mental health services

TIME: 4 p.m. – 5 p.m.

WHERE: Orange County Asian Pacific Islander Community Alliance (OCAPICA) – Zoom

To register for presentation available to Orange County Residents, click link:

<https://hipaa.jotform.com/wellnessesity400/intro-to-mental-health-may-12>

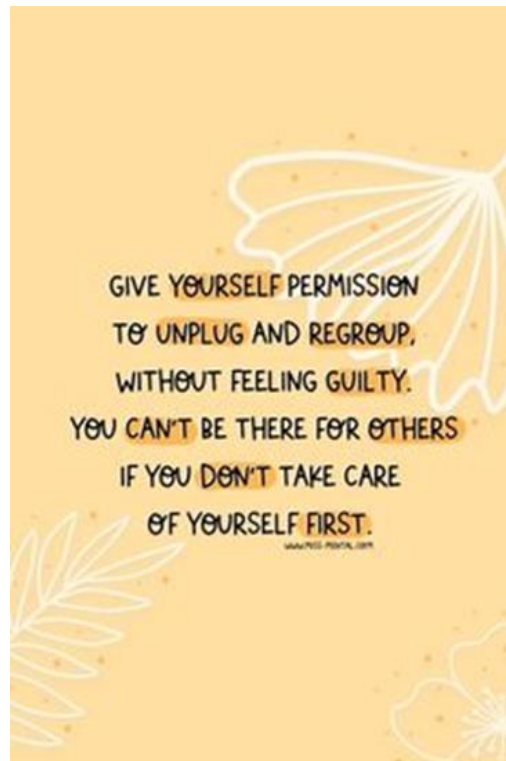
Once registered, an email confirmation will be sent with further information about the Zoom meeting.

Please call Yuki Shida if you have any questions:
(714) 636-9095. Email: yshida@ocapica.org

This presentation is an introduction to mental health, how to practice self-care, and navigating mental health services.

*"I understand your pain.
Trust me, I do. I've seen
people go from the darkest
moments in their lives to
living a happy, fulfilling
life. You can do it too. I
believe in you. You are not
a burden. You will
NEVER BE a burden."*

Sophie Turner



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Arts and Crafts with Ane ~ Anti Stress Balls

TIME: 6:00 p.m. ~ 7:00 p.m.

WHERE: Via Zoom
text to (714)696.1126 to register

In this workshop, we combine art and crafts with the creation of anti-stress tools. Anti-stress balls help lessen tension. Taking a few minutes to decompress can make a big difference in our mental health.

For more information please contact Luz Gonzalez, Program Coordinator at Latino Health Access:
luzgonzalez@latinohealthaccess.org

Rates of suicidal ideation are highest among youth, especially LGBTQ+ youth. In September 2020, over half of 11~17-year-olds reported having thoughts of suicide or self-harm more than half or nearly every day of the previous two weeks. From January to September 2020, 77,470 youth reported experiencing frequent suicidal ideation, including 27,980 LGBTQ+ youth.

SOURCE: <https://www.mhanational.org/issues/state-mental-health-america>

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FOR MORE RESOURCES VISIT



<https://mental-wellness.bewelloc.org/>

OUR STORIES – LGBTQIA+ Workshop Session

TIME: 5 p.m. ~ 7 p.m.

WHERE: *Laguna Playhouse Zoom*
<http://bit.ly/OSPrideZoom>

Dave Barton (Director/Playwright/Journalist) leads OUR STORIES Workshop to explore your story and ways to tell/share it with our community.

REGISTER FOR SESSION AT:
<http://bit.ly/OurStoriesPRIDE>

Please contact Dylan if you have any questions at:
drussell@lagunaplayhouse.com.

Be Well Wednesdays Series

TIME: 10:00 a.m. ~ 11:30 a.m.

WHERE: Virtual presentation. For more information, please visit:
<https://bewelloc.org/events/2021-05/>

Target Population: Older Adults

Be Well Partners include: Alzheimer's Family Center, American Foundation for Suicide Prevention, Council on Aging, Southern California, OC Aging Services Collaborative, MECCA and WTLC.

Over 30 community partners have collaborated in this Be Well Wellness Wednesday series of webinars. Each week focusses on a particular target audience. Experts in the field will discuss a mental health topic of interest to the target group followed by sharing of resources on how to access services and supports.

"Develop An 'Attitude Of Gratitude'. Say Thank You To Everyone You Meet For Everything They Do For You."

Brian Tracy

12

*"To See What Is
Right And Not
Do It Is A Lack
Of Courage."*

Confucius

Safe from the Start – Parenting minor/ Transitional Aged Youth (TAY)

TIME: 3:30 p.m.-4:30 p.m.

WHERE: Join Zoom Meeting
<https://ocde.zoom.us/j/85824334412>

Meeting ID: 858 2433 4412

Safe from the Start is a presentation that educates participants on the effects of violence on the developing brain. This training provides an understanding of brain development and how the brain can be rewired and healed, and providing a message of HOPE.

For questions, please email vjohnson@ocde.us or call (714) 966-4348.

DHMHS Open Virtual Training (General Adult)

TIME: 1:00 p.m.-2:30 p.m.

WHERE: VIRTUALLY VIA ZOOM
For more information, please request flyer from:
jconstanza@didihirsch.org or kjow@didihirsch.org

Please call or email to RSVP: (714) 989-8301 or
kjow@didihirsch.org

DHMHS: Survivor Support Services will continue to provide virtual trainings open to the community throughout the month of May along with PDF versions of outreach materials.

**"FAKE IT UNTIL YOU MAKE IT! ACT
AS IF YOU HAD ALL THE
CONFIDENCE YOU REQUIRE UNTIL IT
BECOMES YOUR REALITY."**

Brian Tracy

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“I found that with depression, one of the most important things you can realize is that you’re not alone. You’re not the first to go through it, you’re not gonna be the last to go through it,”

Dwayne “The Rock” Johnson

Suicide Prevention Presentation for Adolescents presented by Didi Hirsch

TIME: 4 p.m. ~ 5 p.m.

WHERE: For more information, please contact to register:

www.hoag.org/mental-health

Hoag Mental Health Center
(949) 764-6542
307 Placentia Avenue
Newport Beach, CA 92663

This presentation will provide basic overview of suicide prevention. Participants will learn about the nature of suicide, related statistics, risk factors and warning signs. Participants will also learn what to do and who to talk to when a friend or family member is suicidal.

How To Keep Seniors Mentally Stimulated

TIME: 1 p.m. ~ 2 p.m.

LOCATION: Virtual Presentation

<https://zoom.us/j/4670969882?pwd=K3dsZ2Ntc0F2WWFHam5Kb2lhV3V5QT09>

A conversation about the importance of staying socially engaged, especially during these trying times.

For additional information, please contact:

Nadia Abdalla, Case Manager

Access California Services

Phone: (714) 917-0440 Email: nadiaa@accesscal.org

DID YOU KNOW?

1 IN 5 YOUTH (AGES 13~18) EXPERIENCES SEVERE MENTAL DISORDERS IN A GIVEN YEAR.

SOURCE: <https://www.cdc.gov/childrensmentalhealth/features/kf-childrens-mental-health-report.html>

MAY is Mental Health Awareness month. Learn more at www.eachmindmatters.org

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Teens Next Door- Tree of Life

TIME: 5:00 p.m. - 6:15 p.m.

WHERE: Via Zoom
text to (714)696.1126 to register

In this activity, students will have the opportunity to create their own tree of life. The tree's roots, trunk, branches, leaves and fruit will be representing various aspects of the student's life encouraging students to discover the important aspects of their life that promote joy.

For more information please contact Luz Gonzalez, Program Coordinator at Latino Health Access:
luzgonzalez@latinohealthaccess.org

Study Jams- Virtual Tutoring

TIME: 6:00 p.m. -7:30 p.m.

WHERE: Via Zoom
text to (714)696.1126 to register

During the month of May, our virtual tutoring session will encourage discussion between students about academic stressors. Our sessions will cover topics like test anxiety, bullying, self-care and local resources.

For more information please contact Luz Gonzalez, Program Coordinator at Latino Health Access:
luzgonzalez@latinohealthaccess.org

People who identify as Asian or Pacific Islander are searching for mental health resources more in 2020 than ever before. The proportion of screeners identifying as Asian or Pacific Islander increased 7 percent, from 9 percent of screeners in 2019 to 16 percent in 2020.

SOURCE: <https://www.mhanational.org/issues/state-mental-health-america>

MAY is Mental Health Awareness month. Learn more at www.eachmindmatters.org

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Social Emotional Learning Skills for Success – 5th Grade

TIME: 3:00 p.m. ~3:30 p.m.

WHERE: Provided through Zoom. Please register via Eventbrite:

<https://www.eventbrite.com/e/social-emotional-learning-skills-for-success-5th-grade-tickets-146678392019>

“The experience I have had is that once you start talking about [experiencing a mental health struggle], you realize that actually you’re part of quite a big club.”

Prince Harry

Our workshops will be accessible through Eventbrite and will be targeted in approach to meet needs of students, parents, caregivers, teachers, and caring adults in the lives of children in grade levels that administrators have identified as higher needs due to the pandemic.

WYS-BHIS providers will utilize Zones of Regulation to help provide and teach participants to learn the common language of SEL with children to help them understand and communicate their emotional states. WYS-BHIS will lead these virtual workshops for the purpose of providing individuals with SEL skills and tools for learning and practicing self-awareness as well as emotional regulation.

If you have any questions, please feel free to reach Emily Wang at: emily.wang@wysoc.org or call (949) 900-5380.

“THE ADVICE I’D GIVE TO SOMEBODY THAT’S SILENTLY STRUGGLING IS, YOU DON’T HAVE TO LIVE THAT WAY. YOU DON’T HAVE TO STRUGGLE IN SILENCE. YOU CAN BE UN-SILENT. YOU CAN LIVE WELL WITH A MENTAL HEALTH CONDITION, AS LONG AS YOU OPEN UP TO SOMEBODY ABOUT IT, BECAUSE IT’S REALLY IMPORTANT YOU SHARE YOUR EXPERIENCE WITH PEOPLE SO THAT YOU CAN GET THE HELP THAT YOU NEED.”

DEMI LOVATO

13

“There is hope,
even when your
brain tells you
there isn’t.”

John Green

O&E Collaborative MHA Month Event: “In the Time of COVID: Feeling is Healing” Conference

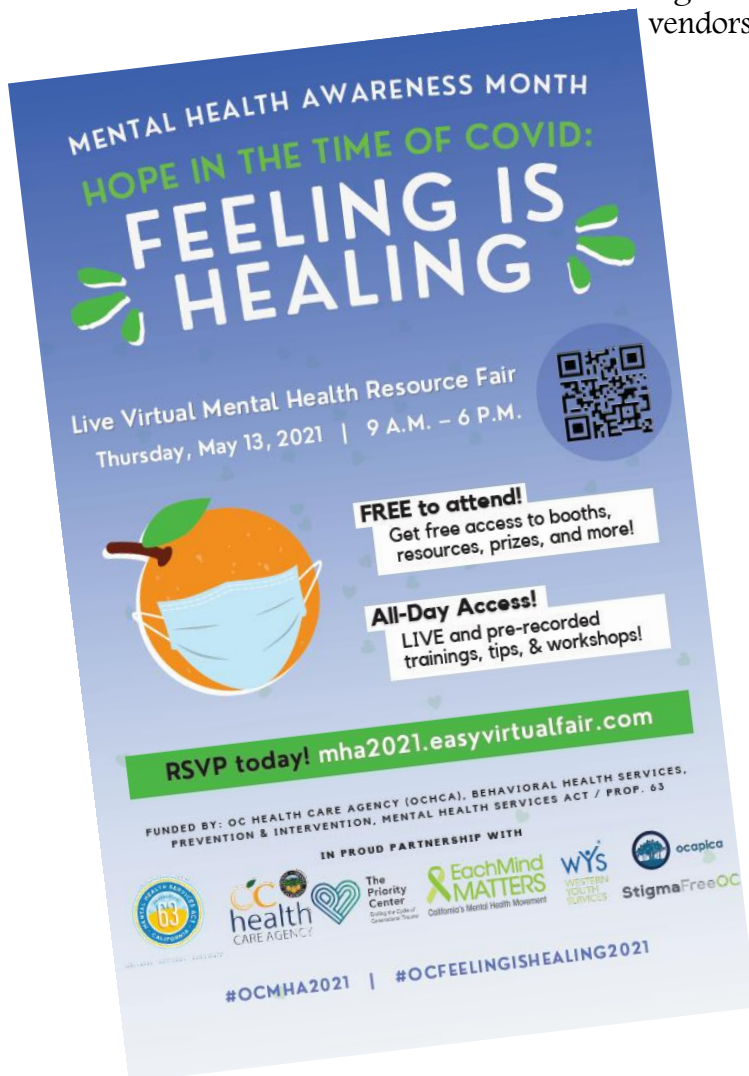
TIME: 9 a.m. ~ 6 p.m.

WHERE: Online via Zoom

Register Online at <https://mha2021.easyvirtualfair.com/>

For more information, please call Infoline at 1(888) 955-6570 or email oe@theprioritycenter.org

The Priority Center’s O&E program, together with Western Youth Services and OCAPICA present their first annual virtual event to celebrate Mental Health Awareness Month safely during the COVID-19 pandemic. The virtual event focuses on stigma reduction through virtual live educational webinars presented by a keynote speaker, pre-recorded webinars on topics of mental health, and a virtual resource fair where registered community members can find resources, chat with vendors, and download flyers and brochures.



MAY is Mental Health Awareness month. Learn more at www.eachmindmatters.org

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Yoga

TIME:

5:00 p.m. - 6:00 p.m.

WHERE:

Via Zoom

text to (714)696.1126 to register

Students will be introduced to yoga through the calming our body and/or practicing kindness hangout. Through an easy-to-follow sequence of movements that students of all levels will benefit.

For more information please contact Luz Gonzalez, Program Coordinator at Latino Health Access:

luzgonzalez@latinohealthaccess.org

While rates of anxiety, depression, and suicidal ideation are increasing for people of all races and ethnicities, there are notable differences in those changes over time.

Black or African American screeners have had the highest average percent change over time for anxiety and depression, while Native American or American Indian screeners have had the highest average percent change over time for suicidal ideation.

SOURCE: <https://www.mhanational.org/issues/state-mental-health-america>

MAY is Mental Health Awareness month. Learn more at www.eachmindmatters.org

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“Mental health problems don’t define who you are. They are something you experience. You walk in the rain and you feel the rain, but, importantly, YOU ARE NOT THE RAIN.”

Matt Haig

Seneca Family of Agencies Presents: Responding to Crisis Calls/Messages

TIME: 10 a.m. – 12 p.m.

WHERE: Virtual event (Zoom)

To register for this training, please visit:

<https://www.eventbrite.com/e/seneca-responding-to-crisis-callsmessages-tickets-140444977709>

For more information or questions regarding this event, please email: training@westernyouthservices.org.

This training explores the steps and considerations to take when receiving a call or message from someone experiencing a crisis.

Targeted audience: Mental Health Professionals in a direct-care setting

Western Youth Services Presents: The S Word: Talking about Suicide Prevention

TIME: 12 p.m. – 2 p.m.

WHERE: Virtual event (Zoom)

To register for this training, please visit:

<https://www.eventbrite.com/e/wys-the-s-word-talking-about-suicide-prevention-tickets-150799022937>

For more information or questions regarding this event, please email: training@westernyouthservices.org.

THE S WORD skillfully weaves stories of survivors from a cross-section of America including LGBT, African American and Asian American communities, who candidly share their profoundly emotional stories of trauma, mental health challenges, survival and advocacy. The film’s narrative flows organically from one story to the next, starting with personal moments and building emotional momentum before widening out to show how their journeys are driving the national movement to take the “S” word from unthinkable to preventable. Tips and best practices on how to talk to someone about suicide will be shared during the discussion after the film screening.

“You look at me and cry; everything hurts. I hold you and whisper: but everything can heal.”

Rupi Kaur

MAY is Mental Health Awareness month. Learn more at www.eachmindmatters.org

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“The
humanity we
all share is
more
important
than the
mental
illnesses we
may not”

Elyn R. Saks

Mental Health Awareness – Coping Skills Webinar

TIME: 9 a.m. – 10 a.m.

WHERE: <https://www.eventbrite.com/e/mental-health-awareness-coping-skills-tickets-145763762337>

Zoom invite sent upon registration via Eventbrite.com

For more information, please visit Easterseals Southern California's Eventbrite page at:

<https://www.eventbrite.com/o/easterseals-southern-california-outreach-amp-engagement-31751148045>

Please call James if you have any questions:
(714) 909-6135

Email: james.peterson@essc.org

Easterseals Southern California Outreach & Engagement services hosts a 45-minute webinar to discuss coping skills for those who are experiencing isolation, depressive and anxiety symptoms during an unprecedented time. In the era of COVID-19, many may be experiencing increased depressive & anxiety symptoms relating to the isolation being experienced or stress of a global pandemic.

*“Life doesn't make any sense without
interdependence. We need each other, and the sooner
we learn that, the better for us all.”*

Erik Erikson

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“You are the one thing in this world, above all other things, that you must never give up on. When I was in middle school, I was struggling with severe anxiety and depression and the help and support I received from my family and a therapist saved my life. Asking for help is the first step. You are more precious to this world than you’ll ever know.”

Lili Rhinehart

Small Acts of Self-Care during COVID-19

TIME: 1 p.m. – 2 p.m.

WHERE: Orange County Asian Pacific Islander Community Alliance (OCAPICA) – Zoom

To register for presentation available to Orange County residents, click link:

<https://hipaa.jotform.com/wellnessesity400/self-care-covid-19-may-14>

Once registered, an email confirmation will be sent with further information about the Zoom meeting.

Please call Yuki Shida if you have any questions: (714) 636-9095. Email: yshida@ocapica.org

Simple acts of self-care can have a big impact to your mental and physical self. Join us to learn these practices that can help you wind down, find calm and feel better

Coping During Covid-19

TIME: 4 p.m. ~ 5:30 p.m.

WHERE: Asian Pacific AIDS Intervention Team (APAIT)-Zoom

To register for presentation available to Orange County Residents, click link: <https://bit.ly/2BHb4z4>

Once registered, an email confirmation will be sent with further information about the Zoom meeting.

For further information please contact Nayeli R. at nayelir@apaitonline.org or call APAIT at (714) 636-1349.

The APAIT O&E Team will be hosting a 60-minute presentation on how one can implement coping skills and self-care practices into routines during COVID-19 for optimal mental health while practicing social distancing. The discussion will include information on COVID-19, healthy practices, coping strategies, self-care practices, resources available at this time, and more. The facilitators will also offer an additional 30 minutes at the end of the workshop to answer any questions and conduct one-on-ones for skill buildings as needed/requested by participants.

FOR MENTAL HEALTH & SUBSTANCE USE DISORDER RESOURCES AND SERVICES

<https://occovid19.ocalhealthinfo.com/mental-health-support>

MAY is Mental Health Awareness month. Learn more at www.eachmindmatters.org

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Addictions and Emotional Welfare

TIME: 12:00 p.m.- 1:30 p.m.

LOCATION: Virtual Presentation
<https://zoom.us/j/3109821201>

Learn how to tackle addiction when you're also dealing with mental health and emotional problems.

For additional information, please contact:

Rosa Garcia, Case Manager

OCCTAC

Phone: (714) 264-5385 Email: rosag@occtac.org

*"If you are broken,
you do not have to
stay broken."*

Selena Gomez

PLAYPEN – Cucu Chanel's Island of Beauty – Make Up Challenge

TIME: 7 p.m. - 8 p.m.

WHERE: Laguna Playhouse Facebook live
<https://www.facebook.com/thelagunaplayhouse>

Drag Queens Cucu Chanel, Isabella Xotchitl & Electra Young share their stories of resilience and instill body positivity and glamour by teaching an eye makeup tutorial/challenge for our audience. Make some "me" time to hang out with Cucu!

Please contact Dylan if you have any questions at:

drussell@lagunaplayhouse.com

"I would say what others have said: It gets better. One day, you'll find your tribe. You just have to trust that people are out there waiting to love you and celebrate you for who you are. In the meantime, the reality is you might have to be your own tribe. You might have to be your own best friend. That's not something they're going to teach you in school. So start the work of loving yourself."

Wentworth Miller

14

“You don’t have to be positive all the time. It’s perfectly okay to feel sad, angry, annoyed, frustrated, scared and anxious. Having feelings doesn’t make you a negative person. It makes you human.”

Lori Deschene

Mental Health Awareness – Coping Skills Webinar

TIME: 9 a.m. – 10 a.m.

WHERE: ZOOM

<https://www.eventbrite.com/e/mental-health-awareness-coping-skills-tickets-145763762337>

Zoom invite sent upon registration via Eventbrite.com
For more information, please visit Easterseals Southern California’s Eventbrite page at:

<https://www.eventbrite.com/o/easterseals-southern-california-outreach-amp-engagement-31751148045>

Please call James if you have any questions:
(714) 909-6135

Email: james.peterson@essc.org

Easterseals Southern California Outreach & Engagement services hosts a 60-minute "Talk Saves Lives" webinar from the American Foundation for Suicide Prevention (AFSP). This discussion focuses on recognizing signs and symptoms of mental illness and creating a dialogue so that others may feel open and comfortable discussing mental health.

Addiction and Co-dependency (in FARSI)

TIME: 10 a.m.- 11:30 a.m.

WHERE: Zoom Webinar

Join Zoom Meeting

[Addiction and Co-dependency \(in FARSI\)](#)

Meeting ID: 981 3618 5406

Passcode: 386206

Presenter: Siamak Afshar, CADCI (Transforming life center founder)

Please email or call Shana if you have any questions at:
mgheisari@omidintitute.org or (949) 502-4721.

In this webinar we will discuss: The relationship between Addiction and Codependency, their effects on relationships, and family dynamics.

14

*"This feeling
will pass. The
fear is real but
the danger is
not."*

Cammie McGovern

COPING DURING COVID-19

TIME: 4 p.m.-5:30 p.m.

WHERE: Asian Pacific AIDS Intervention Team (APAIT)
To register for presentation available to Orange County Residents, click link: <https://bit.ly/2BHb4z4>

Once registered, an email confirmation will be sent with further information about the Zoom meeting.

For further information please contact Nayeli R. at nayelir@apaitonline.org or call APAIT at (714) 636-1349.

The APAIT O&E Team will be hosting a 60-minute presentation on how one can implement coping skills and self-care practices into routines during COVID-19 for optimal mental health while practicing social distancing. The discussion will include information on COVID-19, healthy practices, coping strategies, self-care practices, resources available at this time and more. The facilitators will also offer an additional 30 minutes at the end of the workshop to answer any questions and conduct one-on-ones for skill buildings as needed/requested by participants.

Yoga Night Happy Hour

TIME: 4:30 p.m.-5:30 p.m.

WHERE: Zoom link:
https://www.namioc.org/nami-happy-hour?sm_aui=isV6w217nvZWwtD67qBfJKOCNRBH2

For more information, please visit the website at:
<https://www.namioc.org/nami-happy-hour>

Please call Amanda if you have any questions:
(714) 544-8488.
Email: awilson@namioc.org

Join NAMI-OC for a Gentle Flow Yoga class. Led by yoga instructor Kaitlyn, she will lead us through gentle flow yoga that is perfect for beginners to advance yogi.

"Tough times never last, but tough people do!"
Robert Schuller

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Cooking Together

TIME: 6:00 p.m. - 7:00 p.m.

WHERE: Via Zoom
text to (714)696.1126 to register

Students will be introduced to the importance of healthy eating and how it affects our physical and mental health. Students will learn how integrating healthy ingredients and making small changes in our daily diet can improve our well-being, since food is directly linked to our emotional health.

For more information please contact Luz Gonzalez, Program Coordinator at Latino Health Access:
luzgonzalez@latinohealthaccess.org

Suicide By The Numbers

- Suicide is the tenth leading cause of death in the US, accounting for more than 1% of all deaths. It is the second leading cause of death among people ages 15-24.
- More years of life are lost to suicide than to any other single cause except heart disease and cancer
- 44,000 Americans die by suicide each year. There are 13.8 deaths by suicide per 100,000 persons each year.
- There is one death by suicide for every 25 attempts
- 40% of persons who complete suicide have made a previous attempt. Nine out of ten people who attempt suicide and survive, do not go on to complete suicide at a later date.
- Previous suicide attempts serve as a risk factor for completed suicide. Suicide risk is 37% higher in the first year after deliberate self-harm than in the general population. Older white adults have triple the suicide risk than younger, non-white adults.
- Suicide rates are highest among adults between 45 and 64 at 19.6 per 100,000. The second highest rate is 19.4 per 100,000 among those 85 years or older. Compared with middle-aged older adults, younger populations have consistently lower suicide rates. While males are four times more likely to die by suicide, females are three times more likely to attempt suicide.
- Those with substance abuse disorders are six times more likely to complete suicide than those without. The rate of completed suicide among men with alcohol/drug abuse problems is 2-3 times higher than among those without a problem. Women who abuse substances are at 6-9 times higher risk of suicide compared to women who do not have a problem.

SOURCE: <https://www.mhanational.org/conditions/suicide>

14

“But no matter how much evil I see, I think it’s important for everyone to understand that there is much more light than darkness.”

Robert Uttaro

Nutrition for Mental Health

TIME: 10:30 a.m. - 12:00 p.m.

WHERE: For more information, please contact to register:
www.hoag.org/mental-health

Hoag Mental Health Center
(949) 764-6542
307 Placentia Avenue
Newport Beach, CA 92663

Workshop in collaboration with PODER to teach participants about the power of nutrition for mental wellness. Virtual presentation facilitated in Spanish.

Social Emotional Learning Skills for Success – 6th Grade

TIME: 3:00 p.m. - 3:30 p.m.

WHERE: Provided through Zoom. Please register via Eventbrite:

<https://www.eventbrite.com/e/social-emotional-learning-skills-for-success-6th-grade-tickets-146679240557>

Workshops will be accessible through Eventbrite and will be targeted in approach to meet needs of students, parents, caregivers, teachers and caring adults in the lives of children in grade levels that administrators have identified as higher needs due to the pandemic.

WYS-BHIS providers will utilize Zones of Regulation to help provide and teach participants to learn the common language of SEL with children to help them understand and communicate their emotional states. WYS-BHIS will lead these virtual workshops for the purpose of providing individuals with SEL skills and tools for learning and practicing self-awareness as well as emotional regulation.

If you have any questions, please feel free to reach Emily Wang at: emily.wang@wysoc.org or call (949) 900-5380.

“I keep moving ahead, as always, knowing deep down inside that I am a good person and that I am worthy of a good life.”

Jonathan Harnisch

MAY is Mental Health Awareness month. Learn more at www.eachmindmatters.org

14

“Happiness can be found even in the darkest of times, if one only remembers to turn on the light.”

*Albus Dumbledore
from Harry Potter
and the Prisoner of
Azkaban*

Supporting Youth Mental Health

TIME: 10:00 a.m.-11:30 a.m.

WHERE: Zoom – Virtual Event

Please call Stephanie Loscko if you have any questions: 714-966-4319 or Email: sloscko@ocde.us

For more information regarding the Student Advocates for Mental Health Program, please visit our website: <https://ocde.us/SAMH/Pages/default.aspx>

The Student Advocates for Mental Health (SAMH) Program will be hosting a one hour “Supporting Youth Mental Health” presentation through OCDE’s Family Community Partnership Network. This presentation will be facilitated by Directing Change co-founder, Stan Collins. He will discuss mental health challenges brought to light by students participating in the SAMH Program this year, how adults can best support youth mental health and emotional wellbeing, and share resources to promote continued education, awareness, and access to services. Information regarding how schools can participate in the SAMH Program will be provided. This will be an open event available for any interested school staff, parents, and caregivers throughout the County to attend.

DID YOU KNOW

Overall, 57% of adults with a mental illness receive no treatment and 60% of youth with depression do not receive any mental health treatment.

(Source: <https://mhanational.org/number-people-reporting-anxiety-and-depression-nationwide-start-pandemic-hits-all-time-high>)

MAY is Mental Health Awareness month. Learn more at www.eachmindmatters.org

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Youth Convening: Intersect and Connect

TIME: 11 a.m. ~ 1 p.m.

WHERE: Register at: bit.ly/convening21

For more information please contact
Stephanie Camacho-Van Dyke:
stephanie.vandyke@lgbtqcenteroc.org

A free multi-day (May 15, 22 and 29) online conference that is organized and led by youth leaders from Youth Empowered to Act (YETA), a coalition of LGBTQ Student leaders and their allies.



In support of Mental Health Awareness Month in May, please visit the Each Mind Matters website at <https://www.eachmindmatters.org/> to learn about Mental Health Matters, educational resources that are available, and how you can support mental health for all. This year's theme for Mental Health Awareness Month is "Express Yourself."

Learn about ways that you can express yourself in showing support throughout Mental Health Awareness Month by viewing the monthly activity guide at: <https://www.eachmindmatters.org/wp-content/uploads/2020/04/MHMM-2020-Online-Activity-Guide.pdf>

MAY is Mental Health Awareness month. Learn more at www.eachmindmatters.org

16~22

“Be patient
and tough;
some day this
pain will be
useful to you.”

Ovid

Connect-OC Mental Health Month Social Media Campaign: Breaking Barriers
TIME: Posts will be made on Instagram, Facebook, and Twitter. Several posts will be made per week.

WHERE: Instagram: https://www.instagram.com/connect_oc/

Facebook: <https://www.facebook.com/ConnectOCCoalition>

Twitter: https://twitter.com/connect_oc

Connect-OC will be kicking off a social media campaign to support Mental Health Month. The overarching theme for the month will be “Breaking Barriers” and each week will have a separate theme/focus. This week will focus on “Breaking the silence.” Content will incorporate positive affirmations, quotes, statistics, Each Mind Matters information, etc. that seek to encourage young adults to speak up and share about mental health and promote #HopeForChange.

For more information or if you have any questions please contact Blair Veraza
Email: bveraza@p4w.org

“Many survivors insist they’re not courageous: ‘If I were courageous I would have stopped the abuse.’ ‘If I were courageous, I wouldn’t be scared’... Most of us have it mixed up. You don’t start with courage and then face fear. You become courageous because you face your fear.”

Laura Davis

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“There is a
crack in
everything,
that’s how
the light gets
in”

Leonard Cohen

Multi-Ethnic Collaborative of Community Agencies (OC MECCA) Presents:
Multicultural Mental Health (Presented by The Cambodian Family)

TIME: 1 p.m. – 4 p.m.

WHERE: Virtual event (Zoom)

To register for this training, please visit:

<https://www.eventbrite.com/e/multicultural-mental-health-presented-by-the-cambodian-family-tickets-149770881739>

For more information or questions regarding this event, please email: training@westernyouthservices.org.

Join us for an up close and personal look at Mental Health through a Multi-Cultural lens, presented by The Cambodian Family.

This training will focus on creating awareness of mental health stigma and understanding mental health conditions through dialogue, film and interactive activities.

Topics include:

Developing an understanding of the stigma associated with mental illness and cultural barriers to seeking support.

Developing awareness of mental health and behavioral health challenges and learn about culturally specific challenges.

Gaining knowledge of the mental health resources available in Orange County.

*“Increasing the strength of our minds is the only
way to reduce the difficulty of life.”*

Mokokoma Mokhonoana

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Calm Box

TIME: 4:00 p.m. ~ 5:30 p.m.

WHERE: For more information, please contact to register:
www.hoag.org/mental-health

Hoag Mental Health Center
(949) 764-6542
307 Placentia Avenue
Newport Beach, CA 92663

Workshop for children ages 8-12 years old. Participants will learn ways to self-regulate and will create a calm box to take home that will be filled with tools to help them cope. This is an in-person group.



MAY is Mental Health Awareness month. Learn more at www.eachmindmatters.org

DID YOU KNOW THE RIPPLE EFFECT OF MENTAL ILLNESS

PERSON

- People with depression have a [40%](#) higher risk of developing cardiovascular and metabolic diseases than the general population. People with serious mental illness are nearly twice as likely to develop these conditions.
- [18.4%](#) of U.S. adults with mental illness also experienced a substance use disorder in 2019 (9.5 million individuals)
- The rate of unemployment is higher among U.S. adults who have mental illness ([5.8%](#)) compared to those who do not (3.6%)
- High school students with significant symptoms of depression are more than [twice as likely](#) to drop out compared to their peers

FAMILY

- At least [8.4 million](#) people in the U.S. provide care to an adult with a mental or emotional health issue
- Caregivers of adults with mental or emotional health issues spend an average of [32 hours](#) per week providing unpaid care

COMMUNITY

- Mental illness and substance use disorders are involved in [1 out of every 8](#) emergency department visits by a U.S. adult (estimated 12 million visits)
- Mood disorders are the [most common](#) cause of hospitalization for all people in the U.S. under age 45 (*after excluding hospitalization relating to pregnancy and birth*)
- Across the U.S. economy, serious mental illness causes [\\$193.2 billion](#) in lost earnings each year
- [20.5%](#) of people experiencing homelessness in the U.S. have a serious mental health condition
- [37%](#) of adults incarcerated in the state and federal prison system have a diagnosed mental illness
- [70.4%](#) of youth in the juvenile justice system have a diagnosed mental illness
- [41%](#) of Veteran's Health Administration patients have a diagnosed mental illness or substance use disorder

WORLD

- Depression and anxiety disorders cost the global economy [\\$1 trillion](#) in lost productivity each year
- Depression is a [leading cause](#) of disability worldwide

SOURCE: <https://www.nami.org/mhstats>

MAY is Mental Health Awareness month. Learn more at www.eachmindmatters.org

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“Not until we
are lost do
we begin to
understand
ourselves”

Henry David Thoreau

Sleep Management During COVID-19

TIME: 1 p.m. – 2 p.m.

WHERE: Orange County Asian Pacific Islander Community Alliance (OCAPIA) – Zoom

To register for presentation available to Orange County Residents, click link:

<https://hipaa.jotform.com/wellnessesity400/sleep-management-covid-19-may-17>

Once registered, an email confirmation will be sent with further information about the Zoom meeting.

Please call Yuki Shida if you have any questions:
(714) 636-9095. Email: yshida@ocapica.org

Getting a sufficient amount of high-quality sleep is critically important for our overall health and well-being, and yet it's estimated that one out of every three adults doesn't get enough sleep. Come join us and receive helpful information and tips to a better sleep.

Poetry for Self-Worth and Self-Awareness

TIME: 3 p.m. – 4 p.m.

WHERE: Orange County Asian Pacific Islander Community Alliance (OCAPIA) – Zoom

To register for presentation available to Orange County Residents, click link:

<https://hipaa.jotform.com/wellnessesity400/self-worth-self-awareness-may-17>

Once registered, an email confirmation will be sent with further information about the Zoom meeting.

Please call Yuki Shida if you have any questions:
(714) 636-9095. Email: yshida@ocapica.org

Sometimes we're our own worst critics. Join us for a quick workshop on how to promote self-awareness by naming your emotions and use poetry to reestablish your self-worth.

“I AM NOT AFRAID OF STORMS FOR I AM
LEARNING HOW TO SAIL MY SHIP.”

Amy March, from Little Women

MAY is Mental Health Awareness month. Learn more at www.eachmindmatters.org

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“Sometimes you climb out of bed in the morning and you think, I’m not going to make it, but you laugh inside — remembering all the times you’ve felt that way.”

Charles Bukowski

Social Wellness Hour: Are you Really OK?

TIME: 1 p.m. – 2 p.m.

LOCATION: Virtual Presentation

<https://zoom.us/j/4670969882?pwd=K3dsZ2NtcOF2WWFHAm5Kb2lhV3V5QT09>

Learn how to be cared for by you. Know your limits, getting the sleep you need, staying well fed, and finding a way to decompress throughout the day.

For additional information, please contact:

Nadia Abdalla, Case Manager

Access California Services

Phone: (714) 917-0440 Email: nadiaa@accesscal.org

Healthy Steps

TIME: 10:00 a.m. - 11:30 a.m.

WHERE: For more information, please contact to register:

www.hoag.org/mental-health

Hoag Mental Health Center

(949) 764-6542

307 Placentia Avenue

Newport Beach, CA 92663

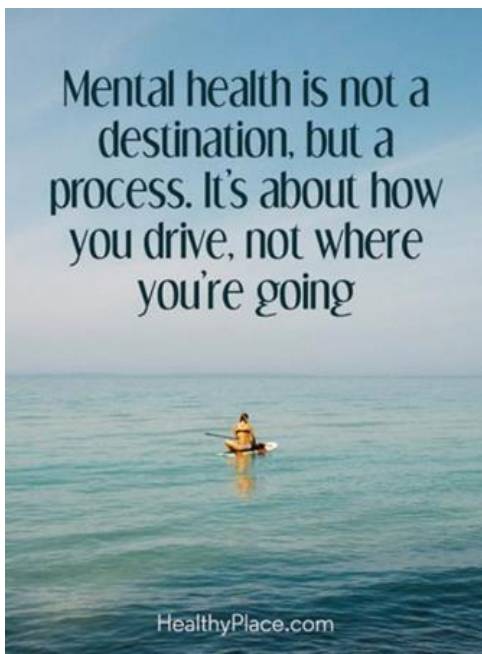
Stroller walk with other parents and caregivers to children ages (Infants-3 years old). Group will focus on the benefits of exercise and mental health. This is a bilingual & in person group. Will meet most Mondays in May.

EMM TOOLKIT

This year's Mental Health Matters Month theme is #HopeForChange.

To access the Each Mind Matters Toolkit, please visit:

<https://emmresourcecenter.org/resources/may-mental-health-matters-month-activation-kit-2021>



MAY is Mental Health Awareness month. Learn more at www.eachmindmatters.org

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*“Promise me
you’ll always
remember —
you’re braver
than you
believe, and
stronger than
you seem,
and smarter than
you think.”*

*Christopher Robin
from Winnie the Pooh*

Nourish to Flourish

TIME: 12 p.m. ~ 1 p.m.

WHERE: ZOOM

<https://zoom.us/j/96526491967?pwd=dGtvZCsrNEFwNF15dTlhZaE9INHg4UT09>

Meeting ID: 965 2649 1967

Please contact WYS O&E for Password.

For further information please contact Yeslee Fuentes- Lead Outreach & Engagement Specialist
at yeslee.fuentes@wysoc.org or call at (949) 680-0962

In this webinar participants will learn to nurture the relationship with themselves by finding wonderful traits, characteristics, increasing positive self-talk, and understanding what self-care activities work best to sooth their soul. In the self-esteem portion of the presentation we will cover what self-esteem is, the characteristics of both low and high self-esteem, and how to improve self-esteem.

Chair Yoga for Mental Clarity (for English Speakers)

TIME: 11 a.m. ~ 12 p.m.

WHERE: Virtually on Zoom

Join Zoom Meeting

<https://us02web.zoom.us/j/89316182772>

Meeting ID: 893 1618 2772

For more information, please contact Christine if you have any questions:

Phone: (714) 352-8836

Email: ctranle@coasc.org

The Council on Aging’s ReConnect Program is providing chair yoga as an activity during Mental Health Awareness Month. Chair yoga can improve proprioception and give you greater control of your body and movement. Reduce stress, anxiety, depression, and improve mental clarity with chair yoga. Chair yoga can lessen the impacts of chronic illnesses and pain. Let us create happiness and overall well-being with this activity!

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*"In the middle of
winter I at last
discovered that there
was in me an
invincible summer."*

Albert Camus

Mental Health Fun & Mental Health Checklist/Vision Board (for Spanish Speakers)

TIME:

11 a.m.

WHERE:

Zoom Virtual Meeting

Link: must rsvp first to receive meeting ID and password.

For more information, please visit the website at: [Eventbrite link](#)

<https://www.eventbrite.com/e/mental-health-jeopardy-vision-boardmental-health-checklist-tickets-148282287313>

Please contact Jessica B. with any questions: (714) 352-8825.

Email: jbautista@coasc.org

Join us for a fun game of jeopardy and bingo in which we will look at different topics related to Mental Health as we discuss some of the stigma that surrounds it. We will focus on how it affects our older seniors in the community, especially those who are part of minority groups, some barriers and more. The activity will conclude with a vision board activity (arts and crafts tools plus magazines are encouraged).

AMONG THE 20.2 MILLION ADULTS IN
THE U.S. WHO EXPERIENCED A
SUBSTANCE USE DISORDER, 50.5%
— 10.2 MILLION ADULTS —
HAD A CO-OCCURRING MENTAL
ILLNESS.

SOURCE: SAMHSA, Results from the 2014 National Survey on Drug Use and Health: Mental Health Findings, NSDUH Series H-50, HHS Publication No. (SMA) 15-4927. Rockville, MD: Substance Abuse and Mental Health Services Administration. (2015).

MAY is Mental Health Awareness month. Learn more at www.eachmindmatters.org

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*“If you have
been brutally
broken but still
have the
courage to be
gentle to other
living beings,
then you’re a
badass with a
heart of an
angel.”*

Keanu Reeves

Meditation and Mindfulness (in FARSI)

TIME: 2:00 p.m.~ 3:30 p.m.

WHERE: Zoom Webinar

Join Zoom Meeting

Meditation and Mindfulness (in FARSI)

Meeting ID: 963 3360 1227

Passcode: 949093

Presenter: Sara Afsharpour, AMFT

Please email or call Shana if you have any questions at:
mgheisari@omidintitute.org or (949) 502-4721.

In this webinar we will discuss: What is meditation and how it
effects our brain, as well as the types and benefits of meditation.

Reel Talk

TIME: 6 p.m. ~ 7 p.m.

WHERE:

ZOOM

[https://zoom.us/j/97126234285?pwd=enEvWXlSMGhlSlpRN
FgxcndmQ2o1QT09](https://zoom.us/j/97126234285?pwd=enEvWXlSMGhlSlpRN
FgxcndmQ2o1QT09)

Meeting ID: 971 2623 4285

Please contact WYS O&E for webinar password.

For further information please contact Yeslee Fuentes- Lead
Outreach & Engagement Specialist
at yeslee.fuentes@wysoc.org or call at (949) 680-0962

There are many joys of life, but are they really our choice or
have we been conditioned to think it will bring us happiness?
During this webinar we will screen a short film and discuss
marketing and the effect on our mental health.

*“Mental health needs a great deal of attention. It’s the final taboo and it
needs to be faced and dealt with.”*

Adam Ant

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*"If you're going
through hell, keep
going."*

Winston Churchill

Transitional Age Youth (TAY) Advocacy Town hall ~ Peer Specialists

TIME: 5:30 p.m. ~ 8:30 p.m.

LOCATION: Virtual

<https://www.eventbrite.com/e/144328258707>

Ensuring that Orange County effectively implements California's Peer support Specialist Certification to promote equitable access to peer support services and training among traditionally underserved communities.

For additional information, please contact:

MECCA

Phone: (714) 202-4750 Email: info@ocmecca.org

Multi-Cultural Mental Health

TIME: 2 p.m. ~ 3 p.m.

LOCATION: Virtual

<https://zoom.us/j/8492142017>

Passcode: 435710

Mental Health wellness practices across different cultures.

For additional information, please contact:

Southland Integrated Services

Hoang Khang Nguy, Case Manager

Phone: (714) 707-1086 Email:

hknguy@southlandintegrated.org

"Lifetime use of alcohol
was higher for LGB youth (41.9%)
than for their non-LGB peers (21.2%).
Transgender youth also showed a
higher rate (38.3%)
than non-transgender youth (22.1%)."

SOURCE: https://www.chapman.edu/education/_files/research/oc-lgbt-narrative.pdf

MAY is Mental Health Awareness month. Learn more at www.eachmindmatters.org

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Talk Saves Lives

TIME: 5 p.m. ~ 6 p.m.

WHERE: For more information, please contact to register:
www.hoag.org/mental-health

Hoag Mental Health Center
(949) 764-6542
307 Placentia Avenue
Newport Beach, CA 92663

A brief introduction to suicide prevention. This presentation will cover the most up-to-date research on prevention, and what we can all do to fight suicide. Participants will learn common risk factors, how to spot warning signs in others and how to keep ourselves, our loved ones and those in our community safe. Virtual presentation in Spanish.

Pain isn't always obvious. Most people thinking
about suicide show some signs that they need help.

If you see even one warning sign,
step in or speak up.

Take the time to learn what to do now so you're
ready to be there for a friend or loved one when it
matters most.

Learn more: www.SuicideIsPreventable.org

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“Part of my identity is saying no to things I don’t want to do... I check in with myself throughout the day and I say, ‘Do I really want to do this?’ and if the answer is no, then I don’t do it. And you shouldn’t either.”

Lady Gaga

The Stigma of Mental Health

TIME: 11:00 a.m. ~ 11:30 a.m.

LOCATION: Virtual Presentation
<https://zoom.us/j/96282831279>

A discussion on Mental Health. Strategies and techniques that can help you manage daily stresses

For additional information, please contact:

KCS

Susan Lee, Case Manager

Phone: (714) 449-1125 ext. 43202 Email:

sulee@koreancommunity.org

Stigma of Mental Health in the Persian Community

TIME: 4 p.m. ~ 6 p.m.

LOCATION: Virtual Presentation
<https://zoom.us/j/97880049293?pwd=Tm1mYW9rRVRTQVZOamJtVIRRMdI4Zz09>

A class presented in Farsi regarding self-care and self-esteem.

For additional information, please contact:

OMID

Soheila Rahmanian, Case Manager

Phone: (949) 502-4721 Email: srahmanian@omidinstitute.org

DID YOU KNOW?

11% of transgender individuals reported being denied care by mental health clinics due to bias or discrimination.

SOURCE: <https://www.nami.org/NAMI/media/NAMI-Media/Infographics/MulticulturalMHFacts10-23-15.pdf>

MAY is Mental Health Awareness month. Learn more at www.eachmindmatters.org

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The ultimate
measure of a man
is not where he
stands in moments
of comfort and
convenience but
where he stands
in times of
challenge and
controversy.

Martin Luther King Jr.

How to Build Assets in Youth

TIME: 6 p.m. – 7 p.m.

WHERE: WYS – Zoom

[https://zoom.us/j/94633590082?](https://zoom.us/j/94633590082?pwd=WVBGK2tWXUwd1dPblV1cGNHamFNUT09)

[pwd=WVBGK2tWXUwd1dPblV1cGNHamFNUT09](https://zoom.us/j/94633590082?pwd=WVBGK2tWXUwd1dPblV1cGNHamFNUT09)

Meeting ID: 946 3359 0082

Passcode: 433452

Contact Person: Ruben Dominguez

Email: Ruben.Dominguez@wysoc.org

This webinar provides an overview of researched-based, positive experiences and qualities that influence young people's development, helping them to become caring, responsible adults.

Anger Management and Safety Planning Webinar

TIME: 12 p.m. ~ 1 p.m.

WHERE: Online via Zoom

Register to attend at: <https://angermanagement-safetyplanning-5-18-21.eventbrite.com>

For more information, please call 1 (888) 955-6570 or email oe@theprioritycenter.org

The Priority Center's O&E Program presents a MHA Month Zoom webinar focused on causes of anger and its effects on mental health and well-being, and recognizing triggers to achieve healthy communication. The webinar will be 60 minutes, 30 minutes of presentation and activities plus 30 minutes for attendees to have one on ones or ask questions as a group and enroll in O&E services.

“There isn't anybody out there who doesn't have a mental health issue, whether it's depression, anxiety, or how to cope with relationships.

Having OCD is not an embarrassment anymore – for me. Just know that there is help and your life could be better if you go out and seek the help.”

Howie Mandel

MAY is Mental Health Awareness month. Learn more at www.eachmindmatters.org

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Anger Management and Safety Planning Webinar

TIME: 12 p.m. ~ 1 p.m.

WHERE: Online via Zoom

Register to attend at: <https://angermanagement-safetyplanning-5-18-21.eventbrite.com>

For more information, please call 1 (888) 955-6570 or email oe@theprioritycenter.org. This event is organized by The Priority Center.

The Priority Center's O&E Program presents a MHA Month Zoom webinar focused on causes of anger and its effects on mental health and well-being, and recognizing triggers to achieve healthy communication. The webinar will be 60 minutes, 30 minutes of presentation and activities plus 30 minutes for attendees to have one on ones or ask questions as a group and enroll in O&E services.



LGBTQ teens are **six** times more likely to experience symptoms of **depression** than their heterosexual counterparts.

SOURCE: Anxiety and Depression Association of America *that reads:* LGBTQ+ teens are six times more likely to experience symptoms of depression than their heterosexual counterparts.
Web-link: <https://adaa.org/lgbtq-communities#Facts>

MAY is Mental Health Awareness month. Learn more at www.eachmindmatters.org

18

Arts and Crafts with Ane ~Aroma Therapy Spray

TIME: 6:00 p.m. ~ 7:00 p.m.

WHERE: Via Zoom
text to (714)696.1126 to register

In this workshop we combine art and crafts with the creation of an aromatherapy pillow spray to help get better sleep. Sleeping and resting at night is vital to our daily functioning. A peaceful sleep will result in the ability to start the day with energy and in a great mood!

For more information please contact Luz Gonzalez, Program Coordinator at Latino Health Access:
luzgonzalez@latinohealthaccess.org



Some of the most comforting words in the universe are
‘me too.’ That moment when you find out that your
struggle is also someone else’s struggle, that you’re not
alone, and that others have been down the same road.

Unknown

MAY is Mental Health Awareness month. Learn more at www.eachmindmatters.org

18

“What I love about therapy is that they’ll tell you what your blind spots are. Although that’s uncomfortable and painful, it gives you something to work with.”

Pink

Social Media Marketing 101

TIME: 5:30 p.m. ~ 7:00 p.m.

WHERE: Zoom link:
<https://us02web.zoom.us/j/8684418206>

For more information, please visit the website at:
<https://www.namIOC.org/teens-young-adults>

Please call Amanda or Jerika if you have any questions:
(714)544-8488.

Email: awilson@namIOC.org or jwhite@namIOC.org

The NAMI Orange County TAY team will be hosting a four part Creativity and Skill Building workshop on Zoom. Social Media Marketing 101 is a guide for how to positively market yourself and grow your social media presence. The workshop will cover points to build out your creative marketing strategies.



THANK YOU
TO ALL VETERANS
— AND THOSE —
CURRENTLY SERVING
— IN THE ARMED FORCES —

MAY is Mental Health Awareness month. Learn more at www.eachmindmatters.org

19

"Mental health is something that we all need to talk about, and we need to take the stigma away from it. So let's raise the awareness. Let's let everybody know it's OK to have a mental illness and addiction problem."

Demi Lovato

Honest Hour

TIME: 7:00 p.m. - 8:30 p.m.

WHERE: Zoom link:
<https://us02web.zoom.us/j/84343531205>

For more information, please visit the website at:
<https://www.namioc.org/teens-young-adults>

Please call Amanda if you have any questions:
(714) 544-8488.

Email: awilson@namioc.org

Honest Hour is a safe space to seek answers to your mental health questions and connect through shared experiences. This month we will be discussing suicide prevention and coping tools for depression with male advocates in the mental health field.

Seneca Family of Agencies Presents: Implicit Bias in Working With Youth

TIME: 9:30 a.m. – 1:30 p.m.

WHERE: Virtual event (Zoom)

To register for this training, please visit:
<https://www.eventbrite.com/e/seneca-implicit-bias-in-work-with-youth-tickets-136468024535>

For more information or questions regarding this event, please email: training@westernyouthservices.org.

This course seeks to increase participants understanding of Implicit Bias, where it comes from and how it shows up. Participants will be guided through a reflective activity to increase their own awareness of their own identities. Lastly, participants will explore the tools created by Ken Hardy to apply to their practice to help navigate implicit bias when it shows up in their work.

"Being vulnerable is actually a strength and not a weakness — that's why more and more mental health is such an important thing to talk about. It's the same as being physically sick. And when you keep all those things inside, when you bottle them up, it makes you ill."

Cara Delevingne

MAY is Mental Health Awareness month. Learn more at www.eachmindmatters.org

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Study Jams- Virtual Tutoring

TIME: 6:00 p.m. - 7:30 p.m.

WHERE: Via Zoom
text to (714)696.1126 to register

During the month of May, our virtual tutoring session will encourage discussion between students about academic stressors. Our sessions will cover topics like test anxiety, bullying, self-care and local resources.

For more information please contact Luz Gonzalez, Program Coordinator at Latino Health Access:
luzgonzalez@latinohealthaccess.org

Teens Next Door-How Does Social Media Impact Me

TIME: 5:00 p.m. - 6:15 p.m.

WHERE: Via Zoom
text to (714)696.1126 to register

Students will be introduced to the impact social media has on body image. Students will be encouraged to explore how they can maintain self love and positive self image. Students will be guided to develop their own self-care checklist.

For more information please contact Luz Gonzalez, Program Coordinator at Latino Health Access:
luzgonzalez@latinohealthaccess.org



FOR MORE INFORMATION, VISIT: <https://directingchange.org/>

MAY is Mental Health Awareness month. Learn more at www.eachmindmatters.org

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The last of the human freedoms: to choose one's attitude in any given set of circumstances, to choose one's own way.

Victor Frankl, Austrian neurologist and Holocaust survivor, author of *Man's Search for Meaning*

Intro To Mental Health Awareness And Navigating Mental Health Services

TIME: 4 p.m. – 5 p.m.

WHERE: Orange County Asian Pacific Islander Community Alliance (OCAPICA) – Zoom

To register for presentation available to Orange County

Residents, click link:

<https://hipaa.jotform.com/wellnesscity400/intro-to-mental-health-may-19>

Once registered, an email confirmation will be sent with further information about the Zoom meeting.

Please call Yuki Shida if you have any questions:
(714) 636-9095. Email: yshida@ocapica.org

This presentation is an introduction to mental health, how to practice self-care, and navigating mental health services.

Be Well Wednesdays Series

TIME: 5:00 p.m. ~ 6:30 p.m.

WHERE: Virtual presentation. For more information, please visit:
<https://bewelloc.org/events/2021-05/>

Target Population: Parents and Families

Be Well partners include: Casa de La Familia, FRC, HOAG Wellness Center, Help Me Grow, NAMI, OC United, Orange County department of Education, Olive Crest, Wellness Prevention Center and Western Youth Services.

Over 30 community partners have collaborated in this Be Well Wellness Wednesday series of webinars. Each week focusses on a particular target audience. The webinars will focus on mental health topics pertaining to the target group followed by sharing of resources on how to access services and supports.

*“Anyone can be affected, despite their level of success or their place on the food chain. In fact, there is a good chance you know someone who is struggling with it since nearly 20% of American adults face some form of mental illness in their lifetime.
So why aren't we talking about it?”*

Kristen Bell

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"I was with someone recently who asked: 'Well, don't you think that if you do too much therapy it will take away your artistic process?' And I told them: The biggest lie that we've ever been sold is that we as artists have to stay in pain to create."

Katy Perry

What is Mental Health & Gratitude

TIME: 5 p.m. ~ 6 p.m.

WHERE: ZOOM
<https://zoom.us/j/92676593645>

Meeting ID: 926 7659 3645

Please contact WYS O&E for Password

For further information please contact Yeslee Fuentes- Lead Outreach & Engagement Specialist at yeslee.fuentes@wysoc.org or call at (949) 680-0962.

This workshop introduces the benefits of practicing gratitude, how gratitude can change your perspective, and includes an activity where we create something to give to someone else to show gratitude. This presentation is also geared toward breaking the stigma associated with Mental Health. What is it? What influences it? How can we recognize the signs of mental illnesses and what can we do to cope with them?

OUR STORIES – LGBTQUIA+ Workshop Session

TIME: 5 p.m. ~ 7 p.m.

WHERE: Laguna Playhouse Zoom
<http://bit.ly/OSPrideZoom>

Dave Barton (Director/Playwright/Journalist) leads OUR STORIES Workshop to explore your story and ways to tell/share it with our community.

REGISTER FOR SESSION AT:
<http://bit.ly/OurStoriesPRIDE>

Please contact Dylan if you have any questions at:
drussell@lagunaplayhouse.com

"Being able to be your true self is one of the strongest components of good mental health."

Dr. Lauren Fogel Mersy

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"In any given moment, we have two options: to step forward into growth or to step back into safety."

Abraham Maslow

Mindful vs. Mind Full

TIME: 12 p.m. ~ 1 p.m.

WHERE: ZOOM

<https://zoom.us/j/91239389004?pwd=d1pRbEY4SHpxNm83UXpxUzRqVUVzdz09>

Meeting ID: 912 3938 9004

Please contact WYS O&E for webinar password.

For further information please contact Yeslee Fuentes- Lead Outreach & Engagement Specialist at yeslee.fuentes@wysoc.org or call at (949) 680-0962

Let's de-clutter our mind, and tune in to the present moment. Learn how to treat yourself with kindness, compassion and acceptance. This workshop will focus on what mindfulness is and why it is imperative to our mental health. We will teach you coping skills, techniques to relax, and guide you through a soothing meditation. Join this mindfulness training and enhance your connectedness to your inner self!

SUICIDE PREVENTION

TIME: 5:00 p.m. ~ 6:30 p.m.

WHERE: Asian Pacific AIDS Intervention Team (APAIT)-Zoom

To register for presentation available to Orange County Residents, click link: <https://bit.ly/2BHb4z4>
Once registered, an email confirmation will be sent with further information about the Zoom meeting.

For further information please contact Cleo O. at cleo@apaionline.org or call APAIT at (714) 636-1349.

The O&E team will be hosting a 60-minute presentation about Suicide Prevention. The discussion will include information about statistics, protective & risk factors, warning signs, intrapersonal & interpersonal interventions, resources and more for optimal mental health during Mental Health Awareness Month. There will also be an additional 30 minutes after the presentation for questions and a discussion.

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“You don’t
need to find
a lesson in
your
trauma.”

*Jordan Pickell,
MCP RCC*

Suicide Prevention for Non-professionals

TIME: 12 p.m. – 1 p.m.

WHERE: Orange County Asian Pacific Islander Community Alliance (OCAPICA) – Zoom

To register for presentation available to Orange County Residents, click link:
<https://hipaa.jotform.com/wellnessesity400/suicide-prevention-may-20>

Once registered, an email confirmation will be sent with further information about the Zoom meeting.

Please call Yuki Shida if you have any questions:
(714) 636-9095. Email: yshida@ocapica.org

Suicide is a public health issue. Learn about the risk and protective factors that contribute to suicide, warning signs to look for, barriers to seeking help, and how to help someone in need.

Suicide Prevention

TIME: 5:00 p.m. - 6:30 p.m.

WHERE: Asian Pacific AIDS Intervention Team (APAIT) - Zoom

To register for presentation available to Orange County Residents, click link: <https://bit.ly/2BHb4z4>

Once registered, an email confirmation will be sent with further information about the Zoom meeting.

For further information please contact Cleo O. at cleo@apaitonline.org or call APAIT at (714) 636-1349.

The O&E team will be hosting a 60-minute presentation about Suicide Prevention. The discussion will include information about statistics, protective & risk factors, warning signs, intrapersonal & interpersonal interventions, resources, and more for optimal mental health during Mental Health Awareness Month. There will also be an additional 30 minutes after the presentation for questions and a discussion.

*“Just because no one else can heal or do your inner work for you
doesn’t mean you can, should, or need to do it alone.”*

Lisa Olivera

MAY is Mental Health Awareness month. Learn more at www.eachmindmatters.org

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Dance it Out

TIME: 5:00 p.m. - 6:00 p.m.

WHERE: Via Zoom
text to (714)696.1126 to register

Students will be led in a dance class helping them understand the concepts of emotions and feelings as well as self-care through body movement. The end goal is for students to positively address emotions and self care through dance and apply them in their daily life.

For more information please contact Luz Gonzalez, Program Coordinator at Latino Health Access:
luzgonzalez@latinohealthaccess.org



FOR MORE INFORMATION, VISIT:

<https://www.nimh.nih.gov/health/topics/suicide-prevention/index.shtml>

MAY is Mental Health Awareness month. Learn more at www.eachmindmatters.org

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“Two things
can be true.
You can love
your family
and have
deep wounds
as a result of
your family
experiences.”

*Nedra Glover
Tawwab*

Connect-OC Instagram Live: Women's Health

TIME: 12 p.m.

WHERE: Instagram Live:

Instagram: https://www.instagram.com/connect_oc/

In recognition of Mental Health Month and Women's Health Month, Connect-OC interns will be hosting a special Instagram Live conversation for young adults 16-24 all about women's physical and mental health and available community resources.

For more information or if you have any questions please contact Blair Veraza

Email: bveraza@p4w.org

An Evening Candid Conversations with Parents

TIME: 3 p.m. - 4 p.m.

WHERE: Zoom

Registration is open [HERE](#) until May 19, 2021.

For more information please contact

Angela Castellanos at acastellanos@cars-rp.org

The COVID-19 pandemic has had a significant impact on mental health and wellness. Children have had many worries related to the impact of COVID-19. Some of these worries include not seeing their friends and family, going back to school, or getting sick. Parents are also facing challenges and worries related to their child's physical and mental well-being.

The Community Networking Project is hosting a webinar for parents. The focus of this webinar is to offer a forum for parents to discuss and share information about the impact of COVID-19, offer resources to other parents and encourage each other to seek support when needed. During this interactive session with the parent panel, we will discuss:

- Impact of COVID-19 and impact on parent mental health
- Resources for parents to address their child's mental health

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“What if you moved through the world as if you were easy to be loved? Because I promise you, you are easy to love.”

Sonalee
Rashatwar, LCSW

DHMHS Open Virtual Training (Clinical)

TIME: 9 a.m. ~ 12 p.m.

WHERE: VIRTUALLY VIA ZOOM

DHMHS: Survivor Support Services will continue to provide virtual trainings open to the community throughout the month of May along with PDF versions of outreach materials

For more information, please request flyer from:
jconstanza@didihirsch.org or kjow@didihirsch.org

Please call or email to RSVP: (714) 989-8301 or
kjow@didihirsch.org

OUR STORIES – IMPROV @ PLAYPEN

TIME: 4 p.m. ~ 5 p.m.

WHERE: Laguna Playhouse FaceBook live
<https://www.facebook.com/thelagunaplayhouse>

Teaching Artists Diana Brown & Erin Sawyer share Improv exercises to shift your mindset to play and inspire creativity. Diana & Erin celebrate that YOU are infinitely amazing and our story wouldn't be the same without you.

Please contact Dylan if you have any questions at:
drussell@lagunaplayhouse.com

DID YOU KNOW?

Approximately 1 in 25 adults in the U.S.—9.8 million, or 4%—experience a serious mental illness in a given year that substantially interferes with or limits one or more major life activities.

SOURCE: Serious Mental Illness (SMI) Among Adults. (n.d.) Retrieved October 23, 2015, from <http://www.nimh.nih.gov/health/statistics/prevalence/serious-mental-illness-smi-among-us-adults.shtml>

MAY is Mental Health Awareness month. Learn more at www.eachmindmatters.org

21~25

mental illnesses
are

not

adjectives

140 LBS – How Beauty Killed my Mother – One Woman Solo Show
TIME: Streaming through weekend

WHERE: Laguna Playhouse Facebook live
<https://www.facebook.com/thelagunaplayhouse>

“140 LBS: How Beauty Killed My Mother” is a theatrical solo performance written and performed by Susan Lieu, a first-generation American born to Vietnamese refugees. “140 LBS” is the true story of how Susan’s mother went in for plastic surgery and died due to medical malpractice. At the time of her mother’s death, Susan was 11 years old. The performance weaves together several through-lines: the multi-generational immigrant experience; body insecurity and shame; repression and subsequent examination of personal loss; and lack of accountability in the medical system. Sifting through thousands of deposition pages and reaching out to the killer’s family, Susan uncovers the painful truth of her mother, herself, and the impossible ideal of Vietnamese feminine beauty.

<https://www.susanlieu.me/140-lbs>

Email/contact Erin O’Flaherty at:
eoflaherty@lagunaplayhouse.com
for registration information.

DID YOU KNOW?

An estimated 26% of homeless adults staying in shelters live with serious mental illness and an estimated 46% live with severe mental illness and/or substance use disorders.

SOURCE: U.S. Department of Housing and Urban Development, Office of Community Planning and Development. (2011). *The 2010 Annual Homeless Assessment Report to Congress*. Retrieved January 16, 2015, from <https://www.hudexchange.info/resources/documents/2010HomelessAssessmentReport>

MAY is Mental Health Awareness month. Learn more at www.eachmindmatters.org

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Cooking Together

TIME: 6:00 p.m. ~ 7:00 p.m.

WHERE: Via Zoom
text to (714)696.1126 to register

Students will be introduced to the importance of healthy eating and how it affects our physical and mental health. Students will learn how integrating healthy ingredients and making small changes in our daily diet can improve our well-being, since food is directly linked to our emotional health.

For more information please contact Luz Gonzalez, Program Coordinator at Latino Health Access:
luzgonzalez@latinohealthaccess.org



Courage is not the absence of fear, but doing
something in spite of fear.

Unknown

MAY is Mental Health Awareness month. Learn more at www.eachmindmatters.org

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PANEL DISCUSSION for 140 LBS

TIME: 3 p.m.

WHERE: Laguna Playhouse Facebook live
<https://www.facebook.com/thelagunaplayhouse>

Online discussion with Susan Lieu and Guest Speakers about stigma reduction and mental health in AAPI Communities.

Email/contact Erin O’Flaherty at:
eoflaherty@lagunaplayhouse.com with any questions.

DID YOU KNOW?

LESBIAN, GAY, BISEXUAL, TRANSGENDER
AND QUESTIONING (LGBTQ) YOUTH ARE
2 TO 3 TIMES MORE LIKELY TO ATTEMPT
SUICIDE THAN STRAIGHT YOUTH.

SOURCE: [HTTPS://WWW.NAMI.ORG/NAMI/MEDIA/NAMI-MEDIA/INFOGRAPHICS/MULTICULTURALMHFACTS10-23-15.PDF](https://www.nami.org/NAMI/MEDIA/NAMI-MEDIA/INFOGRAPHICS/MULTICULTURALMHFACTS10-23-15.PDF)

“During times of change and uncertainty it is even more important to take care of our mind and body as best as we can. Self-care techniques like getting exercise and sunlight, connecting with others, and regular sleep can alleviate stress and improve mood in a way that is both powerful and long-lasting.”

~~Each Mind Matters

MAY is Mental Health Awareness month. Learn more at www.eachmindmatters.org

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Your best
is
enough
no matter
what
your
best
looks
like.

Jacqueline Whitney

Mental Health Awareness – Anger Management Webinar

TIME: 9 a.m. – 10 a.m.

WHERE: <https://www.eventbrite.com/e/mental-health-awareness-anger-management-tickets-145765561719>

Zoom invite sent upon registration via Eventbrite.com

For more information, please visit Easterseals Southern California's Eventbrite page at:

<https://www.eventbrite.com/o/easterseals-southern-california-outreach-amp-engagement-31751148045>

Please call James if you have any questions:
(714) 909-6135

Email: james.peterson@essc.org

Easterseals Southern California's Outreach & Engagement services hosts a 45-minute webinar to discuss anger and anger management skills for those that struggle with managing their angers and frustrations. Whether it be because of a global pandemic or a variety of other life stressors, possibly all, and it can be difficult to manage stress and anger. The goal of this webinar is to provide you with the tools and to be better equipped in managing anger and frustration.

Small Acts of Self-Care during COVID-19

TIME: 1 p.m. – 2 p.m.

WHERE: Orange County Asian Pacific Islander Community Alliance (OCAPICA) – Zoom

To register for presentation available to Orange County Residents, click link:

<https://hipaa.jotform.com/wellnessesity400/self-care-covid-19-may-21>

Once registered, an email confirmation will be sent with further information about the Zoom meeting.

Please call Yuki Shida if you have any questions:
(714) 636-9095. Email: yshida@ocapica.org

Simple acts of self-care can have a big impact to your mental and physical self. Join us to learn these practices that can help you wind down, find calm, and feel better.

Mental Illness and The Criminal Justice System

CRIMINAL JUSTICE SYSTEM

- About [2 million times](#) each year, people with serious mental illness are booked into jails.
- About 2 in 5 people who are incarcerated have a history of mental illness ([37%](#) in state and federal prisons and [44%](#) held in local jails).
- [66%](#) of women in prison reported having a history of mental illness, almost twice the percentage of men in prison.
- Nearly [one in four](#) people shot and killed by police officers between 2015 and 2020 had a mental health condition.
- Suicide is the [leading cause](#) of death for people held in local jails.
- An estimated [4,000](#) people with serious mental illness are held in solitary confinement inside U.S. prisons.

COMMUNITIES

- [70%](#) of youth in the juvenile justice system have a diagnosable mental health condition.
- Youth in detention are [10 times](#) more likely to suffer from psychosis than youth in the community.
- About [50,000](#) veterans are held in local jails — [55%](#) report experiencing a mental illness.
- Among incarcerated people with a mental health condition, non-white individuals are [more likely](#) to go to solitary confinement, be injured, and stay longer in jail.

ACCESS TO CARE

- About 3 in 5 people ([63%](#)) with a history of mental illness do not receive mental health treatment while incarcerated in state and federal prisons.
- Less than half of people ([45%](#)) with a history of mental illness receive mental health treatment while held in local jails.
- People who have healthcare coverage upon release from incarceration are [more likely](#) to engage in services that reduce recidivism.

SOURCE: <https://www.nami.org/mhstats>

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“Worry is like a
rocking chair:
It gives you
something
to do but never
gets you
anywhere.”

Erma Bombeck.

Expressing Feelings Through Art

TIME: 12:00 p.m. ~ 1:30 p.m.

LOCATION: Virtual Presentation
<https://zoom.us/j/3109821201>

Using art to improve mental wellness and reduce feelings of isolation.

For additional information, please contact:

OCCTAC

Rosa Garcia, Case Manager

Phone: (714) 264-5385 Email: rosag@occtac.org

Family Night

TIME: 6 p.m. ~ 8 p.m.

WHERE: Register: <https://forms.gle/oHJYwz3Ki7skBYF19>

Please call Janet Najera if you have any questions: (714) 361-4371. Email: janet-najera@olivecrest.org

Olive Crest will be hosting a Family Night in Spanish in collaboration with Santa Ana Unified School District. Prior to the event, registered families will receive a bag with materials for an activity, Each Mind Matters merchandise, a bilingual book for the family, raffle tickets, and literature on resources in the community. The event will be hosted through Zoom. During the event, families will complete a Mental Health related painting activity, talk about self-care while they play bingo, and participate in raffles.

From 2009-2013, there were 3,613 cases of self-inflicted injury and suicides reported among 10-19 year olds in Orange County combined;
65 of which resulted in death.

Despite a slight decrease in the number of self-inflicted injury cases from 2009 to 2010, there was a 26.8% increase in the total number of cases from 2010 to 2013 (OCHCA & OCSCD, 2015).

SOURCE:

http://www.ochalthiertogether.org/content/sites/ochca/Local_Reports/Kaiser_OC_Mental_Health_Convening_Summary_Report_2017-11-17.pdf

MAY is Mental Health Awareness month. Learn more at www.eachmindmatters.org

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“Take a deep breath to remember you are the child who lived through survival mode and the empowered adult who chose their healing.”

Dr. Nicole LePera

Mental Health Awareness – Anger Management Webinar

TIME: 9 a.m. – 10 a.m.

WHERE: ZOOM
<https://www.eventbrite.com/e/mental-health-awareness-anger-manag>

Zoom invite sent upon registration via Eventbrite.com
For more information, please visit Easterseals Southern California’s Eventbrite page at:

Presenter Please call James if you have any questions:
(714) 909-6135

Email: james.peterson@essc.org

Easterseals Southern California Outreach & Engagement services hosts a 60-minute "Talk Saves Lives" webinar from the American Foundation for Suicide Prevention (AFSP). This discussion focuses on recognizing signs and symptoms of mental illness and creating a dialogue so that others may feel open and comfortable discussing mental health.

Connecting In A New Age

TIME: 5 p.m. - 6 p.m.

WHERE: ZOOM

<https://zoom.us/j/94106999573?pwd=QTVkNVVWZjc1>
Meeting ID: 941 0699 9573

Please contact WYS O&E for Webinar password.

Presenter: For further information please contact Yeslee Fuentes- Lead Outreach & Engagement Specialist
at yeslee.fuentes@wysoc.org or call at (949) 680-0962

In this webinar, participants will explore new ways to connect with their community, families and friends by using technology and other methods of communication. This presentation will shine light on the different forms of online communications, such as social media, and common technical jargon associated with the various activities kids might participate in. This comprehensive presentation will give participants the proper tools to ensure that online browsing remains safe.

22

Don't let anyone
Dull
your

Sparkle!

KidshelPhone.ca

Youth Convening: Intersect and Connect

TIME: 11 a.m. ~ 1 p.m.

WHERE: Register at: bit.ly/convening21

For more information please contact
Stephanie Camacho-Van Dyke:
stephanie.vandyke@lgbtqcenteroc.org

A free multi-day (May 15, 22 and 29) online conference that is organized and led by youth leaders from Youth Empowered to Act (YETA), a coalition of LGBTQ Student leaders and their allies.

DID YOU KNOW?

Hispanic adults age 50 or older reported more current depression than White, non-Hispanic, black, non-Hispanic adults, or other, non-Hispanic adults (11.4% compared to 6.8%, 9.0%, and 11%, respectively).

SOURCE: https://www.cdc.gov/aging/pdf/mental_health.pdf



MAY is Mental Health Awareness month. Learn more at www.eachmindmatters.org

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*"The secret of change is
to focus all of your
energy, not on fighting
the old,
but on building the new."*

SOCRATES

Masking in the Sun: A Day of Safe Family Fun

TIME: 1:30 p.m. – 3:30 p.m.

WHERE: Newsong Church front lawn. 1010 W. 17th St., Santa Ana, CA 92706 (registration required)

Please call Dr. Nefta Pereda if you have any questions: (714) 361-4370. Email: Neftali-pereda@olivecrest.org to register.

A family day out will be hosted in collaboration with NAMI OC and the Priority Center. Following COVID-19 safety guidelines, attendees will complete a small walk. Throughout the walk, families will be able to enjoy performances, magicians, balloon artist, petting zoo, photo booth, and be able to collect community resources information, and pick up materials to complete activities at home. At the end of the walk-through families will see a memorial piece commemorating the lives lost to COVID-19 in Orange County. Participants will have an option to submit loved one's names prior to the event for their names to be added to the memorial.

According to the Kaiser Permanente Orange County Mental Health Convening Summary Report (November 2017), Orange County has experienced over a 10% increase in suicide rates from 1999-2001 to 2011-13, which is the largest among major U.S. counties and exceeds national and state averages, as well as other cities' averages nationwide. There has been a 45% increase in suicide rates in the past decade.

SOURCE:

http://www.ochalthiertogether.org/content/sites/ochca/Local_Reports/Kaiser_OC_Mental_Health_Convening_Summary_Report_2017-11-17.pdf

MAY is Mental Health Awareness month. Learn more at www.eachmindmatters.org

23~31

*"If your body's not
right, the rest of
your day will go
all wrong. Take
care of yourself."*

V.L. ALLINEARE

Connect-OC Mental Health Month Social Media Campaign: Breaking Barriers
TIME: Posts will be made on Instagram, Facebook and Twitter. Several posts will be made per week.

WHERE: Instagram: https://www.instagram.com/connect_oc/
Facebook: <https://www.facebook.com/ConnectOCCoalition>
Twitter: https://twitter.com/connect_oc

Connect-OC will be kicking off a social media campaign to support Mental Health Month. The overarching theme for the month will be "Breaking Barriers" and each week will have a separate theme/focus. This week will focus on "Breaking through." Content will incorporate positive affirmations, quotes, statistics, Each Mind Matters information, etc. that seek to provide information on how to seek help and resources, find doctors, manage expectations, moving forward and promote #HopeForChange.

For more information or if you have any questions please contact Blair Veraza
Email: bveraza@p4w.org

In 2015, 12.3% of adolescents aged 12 to 17 years had a least one major depressive episode in California and 11.9% in the United States. Overall, both proportions were higher than previous years between 2005 to 2013 (ranging from 8.8% to 11.4%).

SOURCE: Substance Abuse and Mental Health Administration (2015). 2015 National Survey on Drug Use and Health. The 24th Annual Report on the Conditions of Children in Orange County report.

MAY is Mental Health Awareness month. Learn more at www.eachmindmatters.org

24

THE
BODY
ACHIEVES
THAT
WHICH THE
MIND
BELIEVES.

Seneca Family of Agencies Presents: Pride: Creating Affirming Spaces for Trans and Queer Youths (CEUs)

TIME: 9:00 a.m. – 1:30 p.m.

WHERE: Virtual event (Zoom)

To register for this training, please visit:

<https://www.eventbrite.com/e/seneca-pride-creating-affirming-spaces-for-trans-and-queer-youth-ceus-tickets-138854992019>

For more information or questions regarding this event, please email: training@westernyouthservices.org.

Creating Affirming Spaces for Trans and Queer Youth is a comprehensive training about better meeting the needs of youth in the queer and trans community. As queer and trans youth are over-represented in systems of care, all service providers should be mindful of their unique experiences in these systems. The training will provide an introduction to Sexual Orientation, Gender Identity and Expression (SOGIE) terminology, the systemic oppression that members of these identities experience currently and historically, and an opportunity to discuss and practice ways that service providers can support queer and trans youth more effectively.

Off the couch for Mental Wellness

TIME: 10 a.m. ~ 11 a.m.

WHERE: For more information, please contact to register:
www.hoag.org/mental-health

Hoag Mental Health Center
(949) 764-6542
307 Placentia Avenue
Newport Beach, CA 92663

Workshop to learn health tips from a registered nurse to get you off the couch, maximize your mental wellness and achieve your health goals. Virtual presentation.

24

DID YOU
KNOW?

ADULTS
LIVING
WITH
SERIOUS
MENTAL
ILLNESS DIE
ON
AVERAGE
25 YEARS
EARLIER

Healthy Steps

TIME: 10:00 a.m. - 11:30 a.m.

WHERE: For more information, please contact to register:
www.hoag.org/mental-health

Hoag Mental Health Center
(949) 764-6542
307 Placentia Avenue
Newport Beach, CA 92663

Stroller walk with other parents and caregivers to children ages (Infants-3 years old). Group will focus on the benefits of exercise and mental health. This is a bilingual & in person group. Will meet most Mondays in May.

Western Youth Services Presents: Resilience

TIME: 4 p.m. - 6 p.m.

WHERE: Virtual event (Zoom)

To register for this training, please visit:
<https://www.eventbrite.com/e/wys-resilience-tickets-150802589605>

For more information or questions regarding this event, please email: training@westernyouthservices.org.

Join us for healing, hope and insight as we advance awareness on one of the largest public health crisis in our country. As the highly acclaimed documentary Resilience- The Biology of Stress and the Science of Hope reveals, there is a dangerous biological syndrome caused by abuse and neglect during childhood. Toxic stress impacts the brain development of children and can be predictive of a lifetime of physical and mental illness. What's more, the physiological changes brought on by toxic stress also put children at greater risk for homelessness, prison time and early death. But this does not have to be the case. Resilience chronicles the work of trailblazers who are addressing toxic stress and other Adverse Childhood Experiences (ACEs), such as abuse, neglect and violence with nearly every research-recommended strategy and, thereby providing insight, hope, and strategies on how each one of us can make a difference.

24

"Don't you
ever let a
soul in the world
tell you
that you can't be
exactly
WHO YOU ARE."
Lady Gaga

Financial stress management and removing stigma (in FARSI)

TIME: 10 a.m. ~11 a.m.

WHERE: Zoom Webinar
Join Zoom Meeting
<https://zoom.us/j/98751919871?pwd=SnBiaitBbkdxCHg4amNocWNvMUhHQT09#success>

Presenter Meeting ID: 987 5191 9871
Passcode: 732172
Halleh Nia, MA, CLC

Please email or call Shana if you have any questions at:
mgheisari@omidintitute.org or (949) 502-4721

In this webinar we will discuss: How to deal with financial stress during COVID-19 crisis and the relationship between financial stress and Mental health.

Coping with Anxiety in Social Situations

TIME: 11 a.m. – 12 p.m.

WHERE: Orange County Asian Pacific Islander Community Alliance (OCAPICA) – Zoom
To register for presentation available to Orange County Residents, click link:
<https://hipaa.jotform.com/wellnesscity400/anxiety-social-situation-may-24>

Once registered, an email confirmation will be sent with further information about the Zoom meeting.

Please call Yuki Shida if you have any questions:
(714) 636-9095. Email: yshida@ocapica.org

Learn ways to reduce your fear and worry about social situations and improve your communication skills.

1 in 5 children,
either currently or at some point during their life,
has had a seriously debilitating mental illness.

SOURCE: <https://www.cdc.gov/mentalhealth/learn/index.htm>

MAY is Mental Health Awareness month. Learn more at www.eachmindmatters.org

24

MENTAL
ILLNESS CAN
BE TREATED.

RESEARCH
SHOWS THAT
PEOPLE WITH
MENTAL
ILLNESS CAN
GET BETTER
AND MANY
RECOVER
COMPLETELY.

SOURCE: CDC/MENTAL HEALTH

Sleep Management During COVID-19

TIME: 1 p.m. – 2 p.m.

WHERE: Orange County Asian Pacific Islander Community Alliance (OCAPICA) – Zoom

To register for presentation available to Orange County Residents, click link:

<https://hipaa.jotform.com/wellnessesity400/sleep-management-covid-19-may-24>

Once registered, an email confirmation will be sent with further information about the Zoom meeting.

Please call Yuki Shida if you have any questions:
(714) 636-9095. Email: yshida@ocapica.org

Getting a sufficient amount of high-quality sleep is critically important for our overall health and well-being, and yet it's estimated that one out of every three adults doesn't get enough sleep. Come join us and receive helpful information and tips to a better sleep.

Chair Yoga for Mental Clarity (for English Speakers)

TIME: 11 a.m. – 12 p.m.

WHERE: Virtually on Zoom

Join Zoom Meeting

<https://us02web.zoom.us/j/89316182772>

Meeting ID: 893 1618 2772

For more information, please contact Christine if you have any questions:

Phone: (714) 352-8836

Email: ctranle@coasc.org

The Council on Aging's ReConnect Program is providing chair yoga as an activity during Mental Health Awareness Month. Chair yoga can improve proprioception and give you greater control of your body and movement. Reduce stress, anxiety, depression, and improve mental clarity with chair yoga. Chair yoga can lessen the impacts of chronic illnesses and pain. Let us create happiness and overall well-being with this activity!

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You are
not
your illness.
You have a name,
a history,
a personality.
Staying yourself is
the battle.

Turn Your Passion Into Purpose

TIME: 5:30 p.m. ~ 7:00 p.m.

WHERE: Zoom link:
<https://us02web.zoom.us/j/86844182067?pwd=>

TURN YOUR PASSION INTO PURPOSE

For more information, please visit the website at:
<https://www.namioc.org/teens-young-adults>

Please call Jerika if you have any questions: (714) 544-8488.
Email: jwhite@namioc.org

The NAMI Orange County TAY team will be hosting a four part Creativity and Skill Building workshop on Zoom. During this panel discussion, hear from local entrepreneurs who took their passions and turned it into a business. We welcome you to join us in a conversation of what it takes to get your project off the ground. Through shared personal experiences and a Q&A portion, attendees will leave the final workshop ready to start their passion project.

Healthy Coping Skills

TIME: 6 p.m.

WHERE: WYS – Zoom
[https://zoom.us/j/98066738075?
pwd=Uk40RUc0QkxoSWI4TWlOV0k2aW53Zz09](https://zoom.us/j/98066738075?pwd=Uk40RUc0QkxoSWI4TWlOV0k2aW53Zz09)

Meeting ID: 980 6673 8075
Passcode: 584183

Contact Person: Ruben Dominguez
Email: Ruben.Dominguez@wysoc.org

This webinar aims to shed some light on how our reactions to various situations may affect our lives both physically and mentally. The webinar will go over the different types of approaches one may take when coping with their emotions, everyday tasks, stressors in our lives.

Self-care isn't selfish

25

Arts and Crafts with Ane~ Planting our Well Being

TIME: 6:00 p.m.~ 7:00 p.m.

WHERE: Via Zoom
text to (714)696.1126 to register

Students will plant their own seed and decorate their own pot. Students will be taught how to care for their plants and learn how taking care of plants brings us satisfaction, focus, and harmony while allowing them to reflect on the importance of their own growth as individuals.

For more information please contact Luz Gonzalez, Program Coordinator at Latino Health Access:
luzgonzalez@latinohealthaccess.org



MAY is Mental Health Awareness month. Learn more at www.eachmindmatters.org

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How to Deal with Isolation and Depression

TIME: 10:00 a.m. ~ 10:30 a.m.

LOCATION: Virtual
<https://zoom.us/j/91445312470>

What is mental health, what is stigma, how to reduce stigma in life and shared what kinds of barriers exist in helping people who experience mental health conditions.

For additional information, please contact:
Korean Community Services
Susan Lee, Case Manager
Phone: (714) 449-1125 ext. 43202 Email:
sulee@koreancommunity.org



Men's Mental Health workshop in Spanish

TIME: 6 p.m. ~ 7 p.m.

WHERE: For more information, please contact to register:
www.hoag.org/mental-health

Hoag Mental Health Center
(949) 764-6542
307 Placentia Avenue
Newport Beach, CA 92663

Workshop focused for men to learn strategies to heal and improve mental health. Virtual presentation.

“Sadly, too often, the stigma around mental health prevents people who need help from seeking it. But that simply doesn’t make any sense. Whether an illness affects your heart, your arm or your brain, it’s still an illness, and there shouldn’t be any distinction. We would never tell someone with a broken leg that they should stop wallowing and get it together... We shouldn’t treat mental health conditions any differently. Instead, we should make it clear that getting help isn’t a sign of weakness—it’s a sign of strength—and we should ensure that people can get the treatment they need.”

MICHELLE OBAMA

MAY is Mental Health Awareness month. Learn more at www.eachmindmatters.org

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WE ALL
HAVE MENTAL
HEALTH, JUST LIKE
PHYSICAL HEALTH.

OUR MINDS
DESERVE THE SAME
ATTENTION AS OUR
BODIES.

#EachMindMatters

SFP's Empower Change- A Mental Health Approach to Teen Violence Prevention

TIME: 5 p.m.

WHERE: Zoom
<https://us02web.zoom.us/j/9306616512>

Bullying or teen violence is common problem that our children must deal on a daily basis. As our children transition from distance learning to in person instruction so does the bullying and violence. According to the CDC, homicide is the 3rd leading cause of death among teens. Teen violence often starts at home and parent's/caregivers have the power to make changes and support children with this issue.

In this workshop parents will learn the different types of bullying and some of the symptoms that teens show when they are victims or perpetrators of teen violence. Parent's will learn different ways to communicate with their children and support them through this process. Lastly parent's will learn strategies to strengthen their family unity and increase communication with their children to prevent future violence.

For more information, please contact Giovanna Sanguinetti:
gsanguinetti@phoenixhouseca.org
Direct line: (657)250-2360

Or Email: bhisleadership@phoenixhouseca.org

Substance Abuse and its Effects on Mental Health Webinar

TIME: 12:30 p.m. ~ 1:30 p.m.

WHERE: Online via Zoom

Register to attend at: <https://substance-abuse-5-26-21.eventbrite.com>

For more information, please call 1 (888) 955-6570 or email oe@theprioritycenter.org

The Priority Center's O&E Program presents a Zoom webinar on the most common types of substances used, their effects on mental health, reasons for using drugs, and the cycle of addiction. The webinar will be 60 minutes, 30 minutes of presentation and activities plus 30 minutes for attendees to have one on ones or ask questions as a group and enroll in O&E services.

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Study Jams- Virtual Tutoring

TIME: 6:00 p.m. - 7:30 p.m.

WHERE: Via Zoom
text to (714)696.1126 to register

During the month of May, our virtual tutoring session will encourage discussion between students about academic stressors. Our sessions will cover topics like test anxiety, bullying, self-care and local resources.

For more information please contact Luz Gonzalez, Program Coordinator at Latino Health Access:
luzgonzalez@latinohealthaccess.org

Teens Next Door- Suicide Prevention

TIME: 5:00 p.m. - 6:15 p.m.

WHERE: Via Zoom
text to (714)696.1126 to register

Students will be introduced to red flags and suicide prevention. They will have the opportunity to create a personal safety plan that includes resources and they will be encouraged to share with their peers.

For more information please contact Luz Gonzalez, Program Coordinator at Latino Health Access:
luzgonzalez@latinohealthaccess.org

“The brain is a body part too; we just know less about it,” the former president said during a [national conference on mental health](#) in 2013.

“And there should be no shame in discussing or seeking help for treatable illnesses that affect too many people that we love. We've got to get rid of that embarrassment; we've got to get rid of that stigma. Too many Americans who struggle with mental health illnesses are still suffering in silence rather than seeking help, and we need to see it that men and women who would never hesitate to go see a doctor if they had a broken arm or came down with the flu, that they have that same attitude when it comes to their mental health.”

BARACK OBAMA

MAY is Mental Health Awareness month. Learn more at www.eachmindmatters.org

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Never
let the
opinions of
others
become the
measure
of your
self-worth.

OUR STORIES – LGBTQIA+ Workshop Session

TIME: 5 p.m. – 7 p.m.

WHERE: Laguna Playhouse Zoom
<http://bit.ly/OSPrideZoom>

Dave Barton (Director/Playwright/Journalist) leads OUR STORIES Workshop to explore your story and ways to tell/share it with our community.

REGISTER FOR SESSION AT:
<http://bit.ly/OurStoriesPRIDE>

Please contact Dylan if you have any questions at:
drussell@lagunaplayhouse.com

Be Well Wednesdays Series

TIME: 12:00 p.m. ~ 1:30 p.m.

WHERE: Virtual presentation. For more information, please visit:
<https://bewelloc.org/events/2021-05/>

Target Population: Caregivers

Be Well Partners include: Council on Aging, Southern California, Didi Hirsch, Easterseals, HOAG Wellness Center, OCAPICA, OC United.

Over 30 community partners have collaborated in this Be Well Wellness Wednesday series of webinars. Each week focusses on a particular target audience. The webinars will focus on mental health topics pertaining to the target group followed by sharing of resources on how to access services and supports.

LGBTQ individuals are 2 or more times more likely as straight individuals to have a mental health condition.

SOURCE: <https://www.nami.org/NAMI/media/NAMI-Media/Infographics/MulticulturalMHFacts10-23-15.pdf>

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“Wellness encompasses a healthy body, a sound mind and a tranquil spirit. Enjoy the journey as you strive for wellness.”

LAURETTE GAGNON
BEAULIEU

Coping Plus

TIME: 10:00 a.m. - 11:30 a.m.

WHERE: For more information, please contact to register:
www.hoag.org/mental-health

Hoag Mental Health Center
(949) 764-6542
307 Placentia Avenue
Newport Beach, CA 92663

Workshop for Adults to learn healthy coping skills to manage stress and difficult emotions. Virtual presentation.

Calm Box

TIME: 4:00 p.m. - 5:30 p.m.

WHERE: For more information, please contact to register:
www.hoag.org/mental-health

Hoag Mental Health Center
(949) 764-6542
307 Placentia Avenue
Newport Beach, CA 92663

Workshop for children ages 8-12 years old. Participants will learn ways to self-regulate and will create a calm box to take home that will be filled with tools to help them cope. This is an in-person group.

Off the Couch for Mental Wellness

TIME: 4 p.m. - 5 p.m.

WHERE: For more information, please contact to register:
www.hoag.org/mental-health

Hoag Mental Health Center
(949) 764-6542
307 Placentia Avenue
Newport Beach, CA 92663

Workshop to learn health tips from a registered nurse to get you off the couch, maximize your mental wellness and achieve your health goals. Virtual presentation.

27

**“Health
is a state
of body.**

**Wellness
is a state of
being.”**

J. STANFORD

Effective Communication Within Relationships

TIME: 5 p.m. ~ 6 p.m.

WHERE: Asian Pacific AIDS Intervention Team (APAIT) - Zoom

To register for presentation available to Orange County Residents, click link: <https://bit.ly/2BHb4z4>

Once registered, an email confirmation will be sent with further information about the Zoom meeting.

For further information please contact Cleo O. at cleo@apaitonline.org or call APAIT at (714) 636-1349.

The APAIT O&E will be hosting a 60-minute presentation about effective communication skills to strengthen and improve relationships within personal and professional life for optimal mental health during Mental Health Awareness Month. The discussion will focus on enhancing verbal and nonverbal communication skills, which can decrease stress and conflict within relationships.

Mental Health Art & Craft

TIME: 12 p.m. ~ 12:30 p.m.

WHERE: TCF – Zoom
<https://us02web.zoom.us/j/88678505926>

Meeting ID: 886 7850 5926

Please call Sreyroth if you have any questions: (714) 591-6439.
Email: sreyrothl@cambodianfamily.org

The O&E Team and other TCF Case Managers will be hosting a 30 minute presentation about the using art to cope with stress.

**“When ‘I’ is replaced by ‘we’
even ‘illness’ becomes ‘wellness.’”**

—Malcom X

27

**“Mental health
needs a great
deal of attention.
It’s the final
taboo and it
needs to be
faced and dealt
with.”**

ADAM ANT

Coping Skills for Teens

TIME: 4:00 p.m. ~ 5:30 p.m.

WHERE: For more information, please contact to register:
www.hoag.org/mental-health

Hoag Mental Health Center
(949) 764-6542
307 Placentia Avenue
Newport Beach, CA 92663

Workshop for teens ages 14-17 to learn skills and recognize emotional triggers, practice strategies to deal with emotions in a healthy and constructive way.

Yoga for Mental Health: Getting Past the Lockdown Blues

TIME: 2 p.m. ~ 3 p.m.

LOCATION: Virtual
<https://zoom.us/j/4670969882?pwd=K3dsZ2Ntc0F2WWFHam5Kb2lhV3V5QT09>

A virtual yoga class to improve physical and mental health.

For additional information, please contact:

Access California Services
Nadia Abdalla, Case Manager
Phone: (714) 917-0440 Email: nadiaa@accesscal.org

Empower Change- A Mental Health Approach to Teen Violence Prevention Live-stream

TIME: 3 p.m. ~ 4 p.m.

LOCATION: Zoom
<https://us02web.zoom.us/j/3408853694>

The BHIS team is offering a live-stream session which will include a 10-minute video presentation to bring awareness on how positive mental health can reduce the prevalence of teen violence (i.e., cyber bullying, bullying, risky behaviors). Teens will have an opportunity to hear from young adults who overcame teen violence in their community and Q&A.

For more information, please contact Giovanna Sanguinetti:
gsanguinetti@phoenixhouseca.org
Direct line: (657) 250-2360

Or Email: bhisleadership@phoenixhouseca.org

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**“In the midst of
chaos, there is
also
opportunity.”**
SUN TSU

DHMHS Open Virtual Training (General Adult)

TIME: 10:00 a.m. ~ 11:30 a.m.

WHERE: VIRTUALLY VIA ZOOM

DHMHS: Survivor Support Services continues to provide virtual trainings open to the community throughout the month of May along with PDF versions of outreach materials

For more information, please request flyer from:
jconstanza@didihirsch.org or kjow@didihirsch.org

Please call or email to RSVP: (714) 989-8301 or
kjow@didihirsch.org

Connect-OC & Active Minds present: VAR Mental Health Training for Young Adults 16-24

TIME: 3:30 p.m. – 5:00 p.m.

WHERE: For more information and to receive the Zoom link, please register to attend by visiting:
connect-oc.eventbrite.com

Connect-OC will be hosting a mental health training instructed by a trainer from Active Minds. Validate, Appreciate, Refer (V-A-R) is Active Minds' everyday tool for everyday conversations. It's about showing up for one another every day in meaningful ways.

Validate, Appreciate, Refer® are three easy-to-use steps that provide a path to listening and responding in a helpful way. In this training attendees will

- Learn how to Validate one's feelings, Appreciate their courage, and Refer them to support services
- Learn everyday tools usable for everyday conversations
- Explore matters that may impact mental wellness among peers, colleagues, students, family, friends, etc.
- Identify “barriers” that may impede the willingness to engage others about our struggles

Please contact Crystal Bleicher if you have any questions: (949) 595-2288 ext 323
Email: cbleicher@p4w.org

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*“Tough love
doesn’t work.
Turns out
that just good
old ‘love’
is enough.”*

Matt Haig,
Reasons to Stay Alive

Yoga

TIME: 5:00 p.m. - 6:00 p.m.

WHERE: Via Zoom
text to (714)696.1126 to register

Students will be introduced to yoga through the calming our body and/or practicing kindness hangout. Through an easy-to-follow sequence of movements that students of all levels will benefit.

For more information please contact Luz Gonzalez, Program Coordinator at Latino Health Access:
luzgonzalez@latinohealthaccess.org

DACA Informational Hangout

TIME: 6:00 p.m. - 7:30 p.m.

WHERE: Via Zoom
text to (714)696.1126 to register

Participants are invited to come and have their DACA immigration questions answered during this hangout. We will help participants understand what is currently going on with DACA as a way to help lessen the stress of navigating through the immigration system.

For more information please contact Luz Gonzalez, Program Coordinator at Latino Health Access:
luzgonzalez@latinohealthaccess.org

“Now that I was famous, I was afraid I would never find somebody again to love me for me. I was afraid of making new friends. Then one day my mom said: ‘Why do you think a person wouldn’t love you? Don’t you know how smart and sweet and beautiful you are?’ That’s when I decided I only have two choices: I can give up, or I can go on.”

Beyoncé

27

*"No matter how
much it gets
abused, the
body can
restore balance.
The first rule is
to stop
interfering
with nature."*

DEEPAK CHOPRA

Creative Art Therapy~ "Hope for Change"

TIME: 10 a.m. - 12 p.m.

WHERE: COASC Art YouTube page
[My Colors. My Mind. My Life. - YouTube](#)

For more information, please call Jannet Ramos (714) 352-8829.

Email: jramos@coasc.org

COASC Art instructor will run this Mental Health theme for weekly art class (uploaded onto YouTube). The class will center around the EachMindMatters 2021 campaign of "Hope for Change."

Effective Communication Within Relationships

TIME: 5 p.m. - 6 p.m.

WHERE: ZOOM – Asian Pacific AIDS Intervention Team (APAIT)
To register for presentation available to Orange County Residents, click link: <https://bit.ly/2BHb4z4>

Once registered, an email confirmation will be sent with further information about the Zoom meeting.

For further information please contact Cleo O. at cleo@apaitonline.org or call APAIT at (714) 636-1349.

The APAIT O&E will be hosting a 60-minute presentation about effective communication skills to strengthen and improve relationships within personal and professional life for optimal mental health during Mental Health Awareness Month. The discussion will focus on enhancing verbal and nonverbal communication skills, which can decrease stress and conflict within relationships.

*You can cure stigma with compassion,
empathy and understanding.*

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“You miss
100% of the
shots you
don’t take.”

Michael Jordan

Connect-OC Coalition Meeting

TIME: 10:00 a.m. – 11:30 a.m.

WHERE: To be added to the email distribution list and receive coalition meeting invites and agendas please email bveraza@p4w.org

Connect-OC hosts monthly coalition meetings that incorporate panel presentations addressing a variety of mental health topics, local resources, events, and networking opportunities related to the mental health of transitional age youth (16-24) in Orange County.

To learn more about the coalition and its mission [click here](#).

To be added to the email distribution list to receive coalition meeting invites, meeting summaries, and more please email info@connect-oc.org or visit our [website](#).

For more information or if you have any questions please contact Blair Veraza
Email: bveraza@p4w.org

Suicide Prevention Presentation for Adults presented by Didi Hirsch

TIME: 5:00 p.m. ~ 6:30 p.m.

WHERE: For more information, please contact to register:
www.hoag.org/mental-health

Hoag Mental Health Center
(949) 764-6542
307 Placentia Avenue
Newport Beach, CA 92663

Participants will learn about the nature of suicide, related statistics, risk factors and warning signs. They will discuss how to assess lethality, how to support a person who is suicidal, and how to link the person to appropriate resources. Virtual presentation.

*“Feelings come and go like clouds in a windy sky.
Conscious breathing is my anchor.”*

Thich Nhat Hanh

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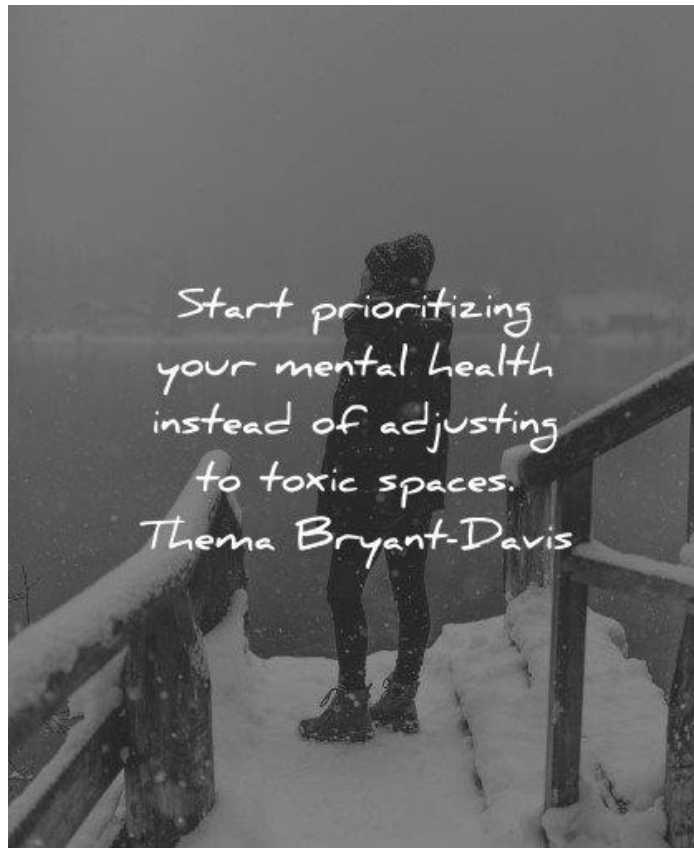
Cooking Together

TIME: 6:00 p.m. - 7:00 p.m.

WHERE: Via Zoom
text to (714)696.1126 to register

Students will be introduced to the importance of healthy eating and how it affects our physical and mental health. Students will learn how integrating healthy ingredients and making small changes in our daily diet can improve our well-being, since food is directly linked to our emotional health.

For more information please contact Luz Gonzalez, Program Coordinator at Latino Health Access:
luzgonzalez@latinohealthaccess.org



MAY is Mental Health Awareness month. Learn more at www.eachmindmatters.org

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YOUR
FEAR
OF
stigma
IS PART
OF THE
ILLNESS

OUR STORIES – IMPROV @ PLAYPEN

TIME: 4 p.m. ~ 5 p.m.

WHERE: Laguna Playhouse Facebook live
<https://www.facebook.com/thelagunaplayhouse>

Teaching Artists Diana Brown & Erin Sawyer share Improv exercises to shift your mindset to play and inspire creativity. Diana & Erin celebrate that YOU are infinitely amazing and our story wouldn't be the same without you.

Please contact Dylan if you have any questions at:
drussell@lagunaplayhouse.com

Small Acts of Self-Care during COVID-19

TIME: 1 p.m. – 2 p.m.

WHERE: Orange County Asian Pacific Islander Community Alliance (OCAPIA) – Zoom
To register for presentation available to Orange County Residents, click link:
<https://hipaa.jotform.com/wellnessesity400/self-care-covid-19-may-28>

Once registered, an email confirmation will be sent with further information about the Zoom meeting.

Please call Yuki Shida if you have any questions:
(714) 636-9095. Email: yshida@ocapica.org

Simple acts of self-care can have a big impact to your mental and physical self. Join us to learn these practices that can help you wind down, find calm, and feel better.

Sometimes the people
around you won't
understand your journey.

They don't need to, it's not
for them.

- JOUBERT BATHA

FULLY flourishing

Mental illness matters.
Talking about it matters.
Warning signs matter.
Addressing your ghosts matters.

YOU matter. And you are precious

UNKNOWN

MAY is Mental Health Awareness month. Learn more at www.eachmindmatters.org

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Never
let a stumble
in the road
be the end
of the
journey

Family Night

TIME:

6 p.m. ~ 8 p.m.

WHERE:

Zoom. Link to Register:

<https://forms.gle/oHJYwz3Ki7skBYF19>

Please call Janet Najera if you have any questions: (714) 361-4371. Email: janet-najera@olivecrest.org

Olive Crest will be hosting a Family Night in Spanish in collaboration with Santa Ana Unified School District. Prior to the event, registered families will receive a bag with materials for an activity, Each Mind Matters merchandise, a bilingual book for the family, raffle tickets, and literature on resources in the community. The event will be hosted through Zoom. During the event, families will complete a Mental Health related painting activity, talk about self-care while they play bingo, and participate in raffles.

TikTok Food Trends Happy Hour

TIME:

4 p.m. ~ 5 p.m.

WHERE:

Zoom link: <https://us02web.zoom.us/j/838076978>

For more information, please visit the website at:
<https://www.namioc.org/nami-happy-hour>

Please call Amanda if you have any questions:
(714) 544-8488.
Email: awilson@namioc.org

Jump on the latest TikTok food trends with Hailey and Mikaela! They will guide you step by step on how to recreate recipes from TikTok and Instagram videos. Download our ingredient list so you can cook along!

DID YOU KNOW?

It is estimated that 20% of people age 55 years or older experience some type of mental health concern.

SOURCE: https://www.cdc.gov/aging/pdf/mental_health.pdf

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*"Loving yourself
isn't vanity.
It's sanity."*

KATRINA MAYER

Pledge to Your Mental Health—Resource Drive-Thru

TIME: 10 a.m.

WHERE: Phoenix House BHIS parking lot—1901 E. 4th St., Santa Ana, CA 92705

Drive-thru resource fair will offer attendees several stations with activities to illustrate how positive coping skills can impact mental health and resources regarding said skill.

Participants will receive a small incentive.

For more information, please contact Giovanna Sanguinetti at: (657) 250-2360 or via email:

gsanguinetti@phoenixhouseca.org

Or Email: bhisleadership@phoenixhouseca.org

Youth Convening: Intersect and Connect

TIME: 11 a.m. ~ 1 p.m.

WHERE: Register at: bit.ly/convening21

For more information please contact

Stephanie Camacho-Van Dyke:

stephanie.vandyke@lgbtqcenteroc.org

A free multi-day (May 15, 22 and 29) online conference that is organized and led by youth leaders from Youth Empowered to Act (YETA), a coalition of LGBTQ Student leaders and their allies.

Elderly LGBTQ people experience increased isolation and lack of services.

SOURCE:

http://www.ochalthiertogether.org/content/sites/ochca/Local_Reports/Kaiser_OC_Mental_Health_Convening_Summary_Report_2017-11-17.pdf

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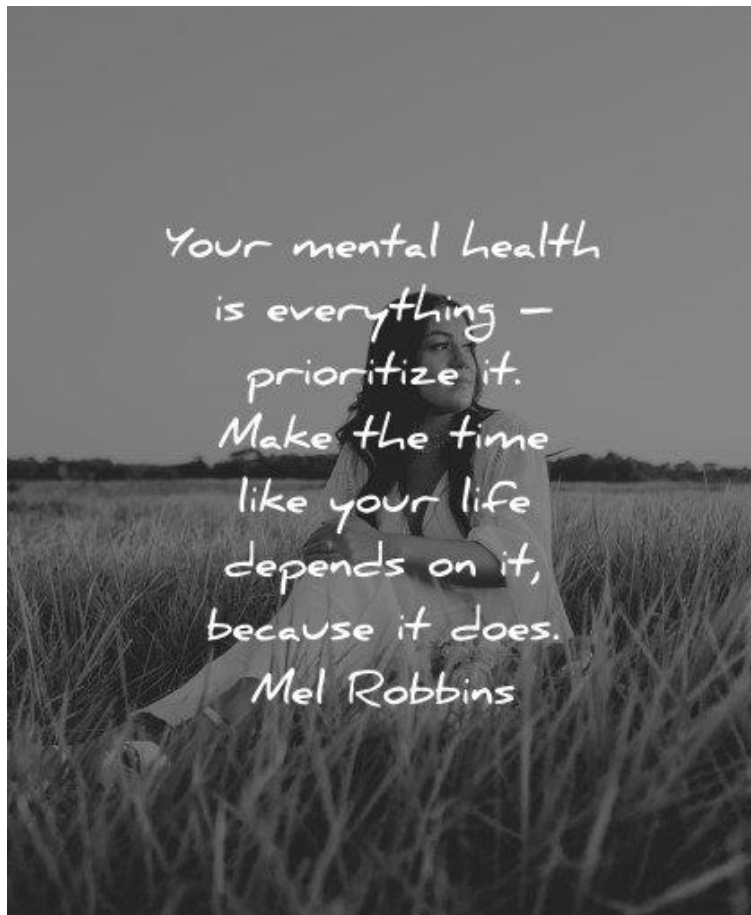
SEL Care Kit Distributions

**START WHERE
YOU ARE,
USE WHAT
YOU HAVE,
AND DO
WHAT YOU CAN.**

TIME: Please email Emily Wang for details: emily.wang@wysoc.org
WHERE: Key School Site Partners at SVUSD, IUSD and TUSD

WYS-BHIS will partner with O&E for outreach to SVUSD, IUSD, and TUSD students and families for Family SEL Care Kit Distributions. WYS-BHIS is creating and will distribute coping kits with SEL materials for families, which feature wellness and mindfulness activities for families to learn and practice together. Our SEL Care Kits will be paired with our WYS-BHIS MHA Month flyers as a part of school-based outreach efforts to increase public awareness of MHA Month as well as to inspire interest and participation in our MHA Month virtual SEL workshops.

If you have any questions, please feel free to reach Emily Wang at: emily.wang@wysoc.org or call (949) 900-5380.



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