

May
is
National
Mental
Health
Awareness
Month

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

TIME: Throughout the month of May

WHERE: Council On Aging Southern California Social Media Platforms
(Facebook, Instagram, Twitter, LinkedIn, YouTube)
Promote ReConnect EISOA video highlighting suicide awareness and prevention.

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

Social Media Campaign

TIME: Throughout the month of May

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

Be Well OC Mental Health Video Series

TIME: Throughout the month of May

WHERE: <https://mental-wellness.bewelloc.org/library>
In partnership with Be Well OC, we will promote series of Mental Health videos featuring ReConnect EISOA Telegeropsychiatrist Michelle Park. Videos will highlight COVID-19, mental health, and will be provided in English and Spanish.

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

--Khalil Gibran

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

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Mental Health Kickoff (The Cambodian Family)

TIME: 10-11 a.m.

WHERE: Online-Facebook Live. Please contact Sreyroth Loa to register at sreyrothl@cambodianfamily.org

CamFam Case Manager will be going on Facebook Live to make the announcement that May is mental health awareness month and to share resources with the community. For more information, please call us at (714) 561-2589.

START WHERE

YOU ARE,

USE WHAT

YOU HAVE,

AND DO

WHAT YOU CAN.

Grab and Go Event: Loara Elementary School (Western Youth Services)

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

WHERE: Loara Elementary School
1501 W. Broadway
Anaheim, CA 92802

For more info contact (714) 399-3474

Or visit aesd.org/freemeals

WYS O&E will be promoting MHA Month during Anaheim Grab & Go meal distribution events for children and families.

“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

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*"Loving yourself
isn't vanity.
It's sanity."*

– Katrina Mayer

Mental Health Social Media Kickoff

TIME: 8 a.m.

WHERE: Instagram, Twitter, Facebook

CONNECT-OC will be making social media posts related to Mental Health Awareness daily throughout the month of May. We will be sharing on Instagram, Facebook and Twitter. We will be making story posts on Instagram as well and we are willing to share information provided by other community partners.

For more information, please visit Connect-OC on social media.

Instagram: @connect_oc

Twitter: @connect_oc

Facebook.com/ConnectOCCoalition/

If you have questions or would like us to share your information or event on our social media accounts please contact Blair Veraza bveraza@ncaddoc.org. This event is organized by National Council on Alcoholism & Drug Dependence (NCADD).

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

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Wellness Webinar: 8 dimensions of Wellness (OCAPICA)

TIME: 12-1 p.m.

WHERE: Webinar on Zoom

*"The secret of change is
to focus all of your
energy, not on fighting
the old,
but on building the new."*

SOCRATES

For further information and to register for this presentation available to the general public, please contact us at OCAPICA at (844) 530-0240. Once registered, an email confirmation will be sent with further information about the Zoom workshop.

O&E staff will provide an educational workshop on balancing wellness in various aspects of your life.

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



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**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 Awareness Mondays

TIME: Ongoing
WHERE: Latino Health Access Facebook page
www.facebook.com/lhaorg/

Latino Health Access will post the following:

1. The OC Health Care Agency's Each Mind Matters video called "What it Means to Wear Lime Green."
2. Sananamente's poster called "Los mitos y la realidad de vivir con un reto de salud mental."
3. Mentalhealth.gov's fact sheets entitled "Mitos y realidades sobre salud mental" and "Mental Health myths and facts."

Virtual Trivia Game (for Mandarin speakers)

TIME: 10 a.m.
WHERE: Zoom Virtual Meeting
Support Group Leader will host a virtual trivia game with a setup similar to Jeopardy. The questions will include topics related to mental health, physical health, lifestyle, history, etc. The goal of the game will be to educate the participants on topics as they relate to mental health.

More Information: For more information or to register for the event, please rsvp to: <https://www.eventbrite.com/e/virtual-trivia-game-tickets-103276332290?aff=erelpanelorg>. This event is organized by Council on Aging.

Mindful Quarantine (OMID)

TIME: 7:00-8:30 p.m.
WHERE: Webinar on Zoom

For further information and to register for this presentation available to the general public, please call OMID at 1 (949) 502-4721 or email Sara at skachineh@omidinstitute.org. Once registered, an email confirmation will be sent with further information about the Zoom meeting.

In this workshop, we will explore potential ways that we can stay calm in the midst of uncertainty. We will review some of the psychology literature regarding mindfulness and do a short mindfulness practice together.

Presenter: Yasaman Mostajeran , AMFT

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Never
let a stumble
in the road
be the end
of the
journey.

Helping children cope with the Pandemic (OMID)

TIME: Recorded Zoom Webinar
Call or email for link
WHERE: Webinar on Zoom

For further information and to register for this presentation available to the general public, please call OMID at 1 (949) 502-4721 or email Sara at skachineh@omidinstitute.org. Once registered, an email confirmation will be sent with further information about the Zoom meeting.

We will discuss the coping skills and strategies children need to deal with this pandemic.

Presenter: Dr. Maryam Sayyedi

Mindfulness Activity (for Vietnamese speakers)

TIME: 1-3 p.m.
WHERE: Zoom Virtual Meeting

Group will have educational and interactional components. The Educational piece will aim to raise awareness to the participants about mental health. Support Group Leader will provide education and focus on recognizing symptoms and the effects of not providing care. The interaction piece will focus on an activity in which participants will draw a “support tree” and will discuss/share the components of their tree with one another.

More Information For more information or to register for the event, please rsvp to <https://www.eventbrite.com/e/mindfulness-activity-for-vietnamese-speakers-tickets-103658946700>. This event is organized by Council on Aging.

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

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

Wellness Webinar (The Cambodian Family)

TIME: 10-11 a.m.
WHERE: Teleconferencing/Zoom

Please contact Sreyroth Loa to register at sreyrothl@cambodianfamily.org. For more information, please call us at (714) 561-2589.

CamFam Case Manager will be conducting a mental health workshop and provide mental health resources to participants online.

“Mental Health 101: Self-Care and Coping Tips during COVID-19 Isolation” Webinar

TIME: 11:30 a.m.-12 p.m.
WHERE: Virtual-Zoom

For further information and to register for this webinar training available to the general public, please contact OE@theprioritycenter.org or call the InfoLine at 1(888) 955-6570. Once registered, a link will be sent with the meeting ID and password for the Zoom webinar.

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.

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.ocalthiertogether.org/content/sites/ochca/Local_Reports/Kaiser_OC_Mental_Health_Convening_Summary_Report_2017-11-17.pdf

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NAMI-OC “Happy” Hour: Dreams are not Cancelled

TIME: 5 - 6 p.m.

WHERE: [Zoom meeting- https://us02web.zoom.us/j/83488196754](https://us02web.zoom.us/j/83488196754)

Please RSVP on Eventbrite:

<https://www.eventbrite.com/e/nami-orange-countys-happy-hour-tickets-102942796676>

Panel of Dreamers to encourage hope

The Orange County Outreach and Engagement (O+E)

Collaborative will be distributing Mental Health Awareness material to participants.

“You miss
100% of the
shots you
don’t take.”

Michael Jordan

How to manage the anxiety of death with our elderly parents (OMID)

TIME: Recorded Zoom Webinar

Call or email for link

WHERE: Webinar Zoom

For further information and to register for this presentation available to the general public, please call OMID at 1 (949) 502-4721 or email Sara at skachineh@omidinstitute.org. Once registered, an email confirmation will be sent with further information about the Zoom meeting.

We will discuss ways to manage anxiety of death with our elderly parents in detail.

Presenter: Dr. Maryam Sayyedi

**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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*“No matter
how much it
gets abused,
the body can
restore
balance. The
first rule is to
stop interfering
with nature.”*

DEEPAK CHOPRA

Don't let anyone
Dull
your

Sparkle!

KidshelPhone.ca

Wellness Webinar: Stress Management using physical activities (OCAFICA)

TIME: 12-1 p.m.
WHERE: Webinar on Zoom

For further information and to register for this presentation available to the general public, please contact us at OCAFICA at (844) 530-0240. Once registered, an email confirmation will be sent with further information about the Zoom workshop.

O&E staff will provide tips on how to de-stress through physical activities.

“Healthy Communication during COVID-19 Isolation” Webinar

TIME: 3-3:30 p.m.
WHERE: Virtual-Zoom

For further information and to register for this webinar training available to the general public, please contact OE@theprioritycenter.org or call the InfoLine at 1(888) 955-6570. Once registered, a link will be sent with the meeting ID and password for the Zoom webinar.

The O&E Team will be hosting a 30-minute presentation on the benefits of Healthy Communication with family members, friends, and coworkers while being isolated during the COVID-19 pandemic. The facilitators will provide an introduction on communication styles, the differences between non-verbal and verbal communication, and the importance of “I” statements. In addition, the training will briefly review parenting styles and conflict resolution tips.

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.

Grab and Go Event: Madison (Western Youth Services)

TIME: 4:30-5:30 p.m.
WHERE: Madison Elementary School
1510 S. Nutwood St.
Anaheim, CA 92804

For more info contact (714) 399-3474
Or visit aesd.org/freemeals

WYS O&E will be promoting MHA Month during Anaheim Grab & Go meal distribution events for children and families.

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A Season of Isolation is When the Caterpillar gets its Wings (Phoenix House)

TIME: 10 a.m.

WHERE: YouTube

To receive link or more information please email:

MHAMevents@phoenixhouseca.org.

Participants are invited to view a YouTube to draw on the parallels between the current “Stay at Home” order, their self-care and how the caterpillar uses a time of isolation to grow and evolve. The video will also provide a DIY segment on how to take care of a caterpillar and build a butterfly sanctuary.

Butterfly kit that include a self-care/caring for the caterpillars’ checklist and a resource guide to support their mental health during the pandemic will be available pick up May 10th & 11th at 10 a.m. at:

Neutral Ground
1920 W. 17th St., Suite 202
Santa Ana, CA 92706

Participants must register to receive address for kit pick-up. Supplies are limited and will be distributed on a first come, first serve basis.

Link to supplies will also be available.

*The
body Achieves
That which
the
mind believes.*

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

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*"If your body's
not right, the rest
of your day will
go all wrong.
Take care of
yourself."*

V.L. ALLINEARE

*"Don't you
ever let a
soul in the world
tell you
that you can't be
exactly
WHO YOU ARE."*

Lady Gaga

Suicide Prevention for LGBTQ+ (APAIT)

TIME: 5-6:30 p.m.
WHERE: Webinar Zoom

For further information and to register for this presentation available to the general public, please contact cleoo@apaitonline.org or call APAIT at 1 (714) 636-1349. Once registered, an email confirmation will be sent with further information about the Zoom meeting.

The O&E team will be hosting a 60-minute presentation about LGBTQ+ suicide prevention. The discussion will include information about statistics, protective & risk factors, warning signs, intrapersonal & interpersonal interventions, resources and more. There will also be an additional 30 minutes after the presentation for questions and a discussion.

Grab and Go Event: Mann (Western Youth Services)

TIME: 4:30-5:30 p.m.
WHERE: Mann Elementary School
600 W. La Palma Ave.
Anaheim, CA 92801

For more info contact (714) 399-3474
Or visit aesd.org/freemeals.

WYS O&E will be promoting MHA Month during Anaheim Grab & Go meal distribution events for children and families.

The Zones of Regulation (Western Youth Services: BHIS)

TIME: 12 p.m.-1 p.m.
WHERE: Zoom
<https://www.eventbrite.com/e/western-youth-services-the-zones-of-regulation-tickets-103266157858>

A workshop for parents, caretakers, teachers, coaches or any other figure in a child's life. This seminar teaches a common language one can use with children to help them understand and communicate their emotional state. This seminar gives families a tool for self-awareness and emotional regulation.

Self-care isn't selfish

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

The Virtual LGBTQ Youth Convening 2020
Still We Rise: Evolution Through Education
Theme: Mental Health and Support

TIME: 10-11:45 a.m.

WHERE: Zoom Live - Link and access information sent to registered participants: bit.ly/Convening2020

Contact via email: tobias.vasquez@lgbtqcenteroc.org or via phone: (714) 953-LGBT (5428) ext. 206 for more information or questions. This is an event organized by the LGBT Center OC.

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

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DID YOU
KNOW?

ADULTS
LIVING
WITH
SERIOUS
MENTAL
ILLNESS DIE
ON
AVERAGE
25 YEARS
EARLIER

Mindfulness Webinar (Wellness Prevention Center)

TIME: 4-5 p.m.
WHERE: Online Zoom Webinar
To register: <https://teentoolbox8.eventbrite.com>

For more information, please email: fatima@www.wpc-oc.org

This presentation with mindfulness instructor, Stacie L. Cooper, Psy.D. will draw from mindfulness and positive psychology research and theories to explore teens' resilience in the face of the COVID-19 crisis with experiences shared by teens around the country.

Mental Health Awareness Mondays

TIME: On-going
WHERE: Latino Health Access Facebook page
www.facebook.com/lhaorg/
Latino Health Access will post the following:

1. The OC Health Care Agency's Each Mind Matters video called "What it Means to Wear Lime Green."
2. Sananamente's poster called "Los mitos y la realidad de vivir con un reto de salud mental."
3. Mentalhealth.gov's fact sheets entitled "Mitos y realidades sobre salud mental" and "Mental Health myths and facts."

Wellness Webinar: Self-Compassion (OCAPICA)

TIME: 12 – 1 p.m.
WHERE: Webinar Zoom
For further information and to register for this presentation available to the general public, please contact us at OCAPICA at (844) 530-0240. Once registered, an email confirmation will be sent with further information about the Zoom workshop.

O&E staff will focus on how you can practice self-compassion to achieve balance and peace of mind.

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

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You are
not
your illness.
You have a name,
a history,
a personality.
Staying yourself is
the battle.

My Culture and My Mental Health (for Spanish speakers)

TIME: 1 p.m.

WHERE: Zoom Virtual Meeting

Group discussion on how Hispanic culture (or culture in general) can influence one's mental health. Along with the discussion, participants will share 2 things they can do during the COVID-19 situation to help ease anxious feelings and worries that arise. Support Group Leader will also share DIY (Do-It-Yourself) activities participants can do at home to pass the time.

More

Information:

For more information or to register for the event, please RSVP to:

<https://www.eventbrite.com/e/mi-cultura-y-mi-salud-mental-tickets-103370431744>

Council on Aging organizes this event.

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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mental illnesses
are

not
adjectives

Exercise and Mental Health (for English Speakers)

TIME: 10-11 a.m.

WHERE: Zoom Meeting
<https://us04web.zoom.us/j/77266218557p>

This class will focus on identifying what Mental Health is and how the participants define MH and will educate correct breathing methods and strengthening exercises that could be done in the home or anywhere. This activity will allow the participants to empower themselves when they feel depressed and anxious.

More Information: For more information or to register for the event, please email ctranle@coasc.org. Council on Aging organizes this event.

“Stress Management and Safety Planning” Webinar

TIME: 11 - 11:30 a.m.

WHERE: Virtual-Zoom

For further information and to register for this webinar, please contact OE@theprioritycenter.org or call the InfoLine at 1(888) 955-6570. Once registered, a link will be sent with the meeting ID and password for the Zoom webinar.

The O&E Team will be hosting a 30-minute presentation on the benefits of working on stress management for optimal mental health during Mental Health Awareness Month, with an emphasis on social isolation during the COVID-19 pandemic. The presentation will offer stress and anger management tips, and resources available at this time for safety and suicide prevention. 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.

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>

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

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“In the midst of
chaos, there is
also opportunity.”

SUN TSU

Connecting in Isolation (Western Youth Services)

TIME: 2-3 p.m.

WHERE: Zoom

To register:

<https://www.eventbrite.com/e/connecting-in-isolation-mha-tickets-103359966442>

In this workshop, learn new ways to connect with your community, families and friends by using technology and other methods of communication.

For additional information please contact:

Yeslee Fuentes, Lead Outreach & Engagement Specialist (949) 680-0962. Email: yeslee.fuentes@wysoc.org

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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Never let the
opinions of others
become the
measure of your
self-worth.

NAMI-OC “Happy” Hour: Dance is not Cancelled

TIME: 5 - 6 p.m.

WHERE: [Zoom meeting - https://us02web.zoom.us/j/83488196754](https://us02web.zoom.us/j/83488196754)

Please RSVP on Eventbrite:

<https://www.eventbrite.com/e/nami-orange-countys-happy-hour-tickets-102942796676>

Live performance by musicians to promote music therapy and body movement.

The Orange County Outreach and Engagement (O+E)

Collaborative will be distributing Mental Health Awareness material to participants.

Mental Health 101 (Western Youth Services)

TIME: 12-1 p.m.

WHERE: Zoom

To register:

<https://www.eventbrite.com/e/mental-health-101-mha-tickets-103360329528>

A webinar to reduce the stigma on Mental Health and to greater understand, support, and encourage family and friends that struggle with a Mental Health diagnosis.

For additional information please contact:

Yeslee Fuentes, Lead Outreach & Engagement Specialist (949) 680-0962. Email: yeslee.fuentes@wysoc.org

Zonas Para Padres (Western Youth Services: BHIS)

TIME: 2-3 p.m.

WHERE: Zoom

<https://www.eventbrite.com/e/western-youth-services-zonas-para-padres-tickets-103267754634>

La presentación es guiada a los padres, tutores, entrenadores, y cualquier otra persona en la vida de un niño. Esta presentación nos asiste la familia podrá tener herramientas para tener conciencia de sí mismo y regular emociones.

“When ‘I’ is replaced by ‘we’
even ‘illness’ becomes ‘wellness.’”

~~Malcom X

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

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

ADAM ANT

Wellness Wednesday (The Cambodian Family)

TIME: 10-11 a.m.

WHERE: Virtual via YouTube

Please contact Sreyroth Loa to register at sreyrothl@cambodianfamily.org. For more information, please call us at (714) 561-2589

CamFam Case Manager will debut and invite others to view YouTube Wednesday Wellness video.

Professional Network Exchange (OCAPICA)

TIME: 9-10:30 a.m.

WHERE: Webinar Zoom

For further information and to register for this presentation available to the general public, please contact OCAPICA at (844) 530-0240. Once registered, an email confirmation will be sent with further information about the Zoom workshop.

The Orange County Outreach and Engagement (O+E) Collaborative will be distributing Mental Health Awareness material to participants.

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

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Celebrating Ramadan during the COVID-19 pandemic (Phoenix House)

TIME: 8 a.m.

WHERE: YouTube

To receive link or more information please email:

MHAMevents@phoenixhouseca.org

**We ALL
Have mental health, just
like physical health.**

**Our minds
Deserve the same
attention as our bodies.**

#EachMindMatters

Elementary students will be invited to participate in an interactive Zoom meeting where they will receive tips on how to take care of their mental health while fasting, complete a journal entry, listen to the book “Ramadan around the World” and an overview of the “Celebrating Ramadan during COVID-19 pandemic” kit.

Kits that include a workbook geared towards recognizing and normalizing feelings of disappointment as Ramadan this year will be different given the “Stay at Home” order, a list of self-care tips, a resource guide to help support their mental health during the pandemic and two DIY activities will be available for pick up on **May 15th** at:

Masjid Al Ansar Mosque
1717 S. Brookhurst St.
Anaheim, CA 92804

Participants must register to receive address for kit pick-up. Supplies are limited and will be distributed on a first come, first serve basis.

PDF workbooks will also be available.

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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“Health
is a state
of body.

Wellness
is a state of
being.”

J. STANFORD

Identifying, describing and managing concussion and Traumatic Brain Injury (TBI). (OMID)

TIME: Contact OMID for link

WHERE: Webinar on Zoom

For further information and to register for this presentation available to the general public, please call OMID at 1 (949) 502-4721 or email Sara at skachineh@omidinstitute.org. Once registered, an email confirmation will be sent with further information about the Zoom meeting.

Grab and Go Event: Marshall Elementary School (Western Youth Services)

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

WHERE: Marshall Elementary School
2066 W. Falmouth Ave.
Anaheim, CA 92801

For more info contact (714) 399-3474
Or visit aesda.org/freemeals.

WYS O&E will be promoting MHA Month during Anaheim Grab & Go meal distribution events for children and families.

Nourish to Flourish (Western Youth Services)

TIME: 1-2 p.m.

WHERE: Zoom

To register

<https://www.eventbrite.com/e/nourish-to-flourish-mha-tickets-103360530128>

In this webinar, learn to nurture the relationship you have with yourself by finding your wonderful traits and characteristics, increasing positive self-talk, and understanding what self-care activities work for you.

For additional information please contact: Yeslee Fuentes, Lead Outreach & Engagement Specialist (949)680-0962. Email: yeslee.fuentes@wysoc.org

You can cure stigma with compassion,
empathy and understanding.

14

*“Wellness
encompasses a
healthy body, a
sound mind and a
tranquil spirit.
Enjoy the journey
as you strive for
wellness.”*

LAURETTE GAGNON
BEAULIEU

“Time Management and Self-Care during COVID-19 Isolation” Webinar

TIME: 11 - 11:30 a.m.

WHERE: Virtual-Zoom

For further information and to register for this webinar, please contact OE@theprioritycenter.org or call the InfoLine at 1 (888) 955-6570. Once registered, a link will be sent with the meeting ID and password for the Zoom webinar.

The O&E Team will be hosting a 30-minute presentation on the benefits of practicing time management for optimal mental health during Mental Health Awareness Month, with an emphasis on social isolation during the COVID-19 pandemic. The presentation will include how to deal with changes in the workplace, tips for working from home while minimizing distractions, along with coping tips and resources available at this time for support.

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 skill buildings as needed/requested by participants.



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

15

"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>

Stigma, Sex & Society (APAIT)

TIME: 5 – 6:30 p.m.

WHERE: Webinar on Zoom

For further information and to register for this presentation available to the general public, please contact darbyo@apaitonline.org or call APAIT at 1 (714) 636-1349.

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

The O&E team will be hosting a 90-minute presentation titled "Stigma, Sex & Society." The presentation will provide information and a safe virtual space to discuss internal and external stigmas about sex, relationships, sexual orientations, and kinks in the Queer and Trans Communities. There will also be an additional 30 minutes after the presentation for questions and a discussion.

Presenter: Darby



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>

15

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](#)

Grab and Go Event: Roosevelt Elementary School (Western Youth Services)

TIME: 4:30-5:30 p.m.
WHERE: Roosevelt Elementary School
1010 S. Harbor Blvd.
Anaheim, CA 92805

For more info contact (714) 399-3474
Or visit aesd.org/freemeals.

WYS O&E will be promoting MHA Month during Anaheim Grab & Go meal distribution events for children and families.

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).

16

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.

The Virtual LGBTQ Youth Convening 2020
Still We Rise: Evolution Through Education
Theme: Education

TIME: 10 - 11:45 a.m.

WHERE: Zoom Live - Link and access information sent to registered participants: bit.ly/Convening2020

Contact via email: tobias.vasquez@lgbtqcenteroc.org or via phone: (714) 953-LGBT (5428) ext. 206 for more information or questions. This is an event organized by the LGBT Center OC.

"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

18~22

Who's Got Game. Positive Action Showdown. (Phoenix House)

TIME: 11 a.m. May 18-22, 2020

WHERE: Virtual-Zoom

*"Worry is like a
rocking chair:
It gives you something
to do but never gets you
anywhere,"*

Erma Bombeck.

To receive link or more information please email:
MHAMevents@phoenixhouseca.org

4th- 6th graders will have the opportunity to learn positive coping skills through play. Every day during the week of May 18th BHIS staff will host virtual Positive Pictionary, Read my Lips-Positive Action phrases and or Positive Action Scrabble. Kids will be grouped and encouraged to work together.



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

18

FOR MENTAL HEALTH & SUBSTANCE USE DISORDER RESOURCES AND SERVICES

<https://occcovid19.ocaliforniahealthinfo.com/mental-health-support>

Mental Health Scavenger Hunt

TIME: All Day

WHERE: Instagram

CONNECT-OC will be organizing a Mental Health Awareness Scavenger Hunt on Instagram. This will include and encourage participation from the TAY population and community partners. The event will seek to promote increased knowledge of available mental health resources by participants.

You can find CONNECT-OC on Instagram @connect_oc

If you would like to take part in the Mental Health Virtual Scavenger Hunt please contact Blair Veraza bveraza@ncaddoc.org for information and ways to be involved before May 11, 2020. This event is organized by National Council on Alcoholism & Drug Dependence OC.

Depression and Anxiety in children and adolescents. (FARSI) (OMID)

TIME: Recorded Zoom Webinar

Please call OMID at 1 (949) 502-4721 or email Sara at skachineh@omidinstitute.org.

WHERE: Webinar on Zoom

For further information and to register for this presentation available to the general public, please call OMID at 1 (949) 502-4721 or email Sara at skachineh@omidinstitute.org. Once registered, an email confirmation will be sent with further information about the Zoom meeting.

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

18

FOR MORE
RESOURCES
VISIT



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

Mental Health Awareness Mondays

TIME: Ongoing
WHERE: Latino Health Access Facebook page
www.facebook.com/lhaorg/

Latino Health Access will post the following:

1. The OC Health Care Agency's Each Mind Matters video called "What it Means to Wear Lime Green."
2. Sananamente's poster called "Los mitos y la realidad de vivir con un reto de salud mental."
3. Mentalhealth.gov's fact sheets entitled "Mitos y realidades sobre salud mental" and "Mental Health myths and facts."

Zonas Para Padres (Zones in Spanish)

TIME: 3-4 p.m.
WHERE: Zoom
Para registrarse
<https://www.eventbrite.com/e/zones-of-regulation-for-parents-spanish-mha-tickets-103360935340>

Durante esta presentación, repasaremos las cuatro zonas de color e identificaremos las emociones y el estado de alerta debajo de cada zona.

For additional information please contact: Yeslee Fuentes, Lead Outreach & Engagement Specialist (949) 680-0962. Email: yeslee.fuentes@wysoc.org. This event is organized by Western Youth Services.

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

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

SOURCE: [CDC: U.S. Adult
Mental Illness Surveillance
Report](https://www.cdc.gov/mmwr/preview/mmwrhtml/mm6009a1.htm)

Finding Peace During Difficult Times (Western Youth Services)

TIME: 4-5 p.m.

WHERE: Zoom

To register:

<https://www.eventbrite.com/e/mind-full-or-mindful-mha-tickets-103361039652>

In this workshop we will be talking about how to reframe our problems and tweak our schedules to reduce stress in our daily lives.

For additional information please contact: Yeslee Fuentes, Lead Outreach & Engagement Specialist (949) 680-0962. Email: yeslee.fuentes@wysoc.org

Wellness Webinar: Conflict Management (OCAPICA)

TIME: 12-1 p.m.

WHERE: Webinar on Zoom

For further information and to register for this presentation available to the general public, please contact us at OCAPICA at (844) 530-0240. Once registered, an email confirmation will be sent with further information about the Zoom workshop.

O&E staff will share how to manage and deal with conflict in everyday settings.

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

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Growing with Plants (Western Youth Services)

TIME: 3-4 p.m.

WHERE: Zoom

To register:

<https://www.eventbrite.com/e/growing-with-plants-mha-tickets-103361125910>

Growing with Plants workshop provides simple techniques to start a garden using different objects around the house, how to start a compost at home, and soil properties that help plants grow. Gardening has been used as a coping skill to help us with stress or anxiety. We discuss the therapeutic benefits of starting our garden, common traits we share with nature, and the lessons nature teaches us.

For additional information please contact: Yeslee Fuentes, Lead Outreach & Engagement Specialist (949) 680-0962. Email: yeslee.fuentes@wysoc.org

I'M STILL
ME

NO MATTER MY
MENTAL HEALTH.

NIKI MCBAIN

“Mental Health 101: Self-Care and Coping Tips during COVID-19” Webinar

TIME: 1:30-2 p.m.

WHERE: Virtual-Zoom

For further information and to register for this webinar, please contact OE@theprioritycenter.org or call the InfoLine at 1(888) 955-6570. Once registered, a link will be sent with the meeting ID and password for the Zoom webinar.

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, 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.

Wellness Wednesday (OCAPICA)

TIME: 12-1 p.m.

WHERE: Virtual via Zoom. Please contact Lorraine Tuala at ltuala@ocapica.org to register.

OCAPICA O&E staff will provide an educational workshop on balancing wellness in various aspects of your life.

For more information, please call (844) 530-0240.

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

20

Coping Skills (Western Youth Services)

TIME: 12-1 p.m.

WHERE: Zoom

<https://www.eventbrite.com/e/western-youth-services-coping-skills-tickets-103270709472>

In this workshop, learn various coping skills to help with difficult feelings at home, school and in the community.

Self-esteem and Self-care (OMID)

TIME: Recorded Zoom Webinar
Call or email OMID for Link.

WHERE: Webinar on Zoom: How to maintain self-esteem and how to practice Self-care.

For further information and to register for this presentation, please call OMID at 1 (949) 502-4721 or email Sara at skachineh@omidinstitute.org. Once registered, an email confirmation will be sent with further information about the Zoom recording.

Wellness

*is a connection of
paths:*

*Knowledge and
action.*

JOSHUA WELCH

Wellness Webinar: Healthy Relations (OCAPICA)

TIME: 12-1 p.m.

WHERE: Webinar on Zoom

For further information and to register for this presentation, please contact OCAPICA at (844) 530-0240. Once registered, an email confirmation will be sent with further information about the Zoom workshop.

NAMI-OC “Happy” Hour: Poetry is not Cancelled

TIME: 5-6 p.m.

WHERE: Zoom meeting

<https://us02web.zoom.us/j/83488196754>

Please RSVP on Eventbrite:

<https://www.eventbrite.com/e/nami-orange-countys-happy-hour-tickets-102942796676>

Poetry reading to inspire. Inviting participants to share their own poems for engagement. The Orange County Outreach and Engagement (O+E) Collaborative will be distributing Mental Health Awareness material to participants.

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

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Wellness is the natural state of my body.

LOUISE HAY

Grab and Go Event: Ross Elementary School (Western Youth Services)

TIME: 4:30-5:30 p.m.
WHERE: Ross Elementary School
535 S. Walnut St.
Anaheim, CA 92802
For more info contact (714) 399.3474
Or visit aesd.org/freemeals.

WYS O&E will be promoting MHA Month during Anaheim Grab & Go meal distribution events for children and families.

Wellness Webinar: Coping Skills (OCAPICA)

TIME: 12-1 p.m.
WHERE: Webinar on Zoom

For further information and to register for this presentation, please contact OCAPICA at (844) 530-0240. Once registered, an email confirmation will be sent with further information about the Zoom workshop.

Want to add more tools in your emotional toolbox? Come and join us to learn more!

Mind Full or Mindful (Western Youth Services)

TIME: 10-11 a.m.
WHERE: Zoom
To register:
<https://www.eventbrite.com/e/mind-full-or-mindful-mha-tickets-103361105850>

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!

For additional information please contact:
Yeslee Fuentes, Lead Outreach & Engagement Specialist (949) 680-0962. Email: yeslee.fuentes@wysoc.org

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

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Exercise and Mental Health (for English Speakers)

TIME: Thursday
10-11 a.m.

WHERE: Zoom Virtual Meeting
<https://us04web.zoom.us/j/74413847722>

This class will focus on identifying what Mental Health is and how the participants define MH and will educate correct breathing methods and strengthening exercises that could be done in the home or anywhere. This activity will allow the participants to empower themselves when they feel depressed and anxious.

More Information: For more information or to register for the event, please email ctranle@coasc.org. Event organized by Council of Aging.

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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Intimate Partner Violence (APAIT)

TIME: 5–6:30 p.m.

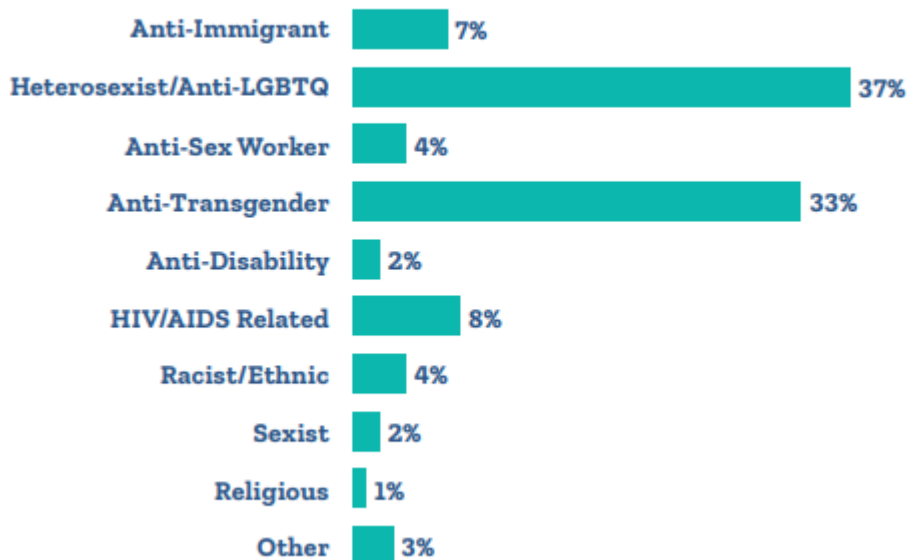
WHERE: Webinar on Zoom

For further information and to register for this presentation, please contact cleo@apaitonline.org or call APAIT at 1 (714) 636-1349. Once registered, an email confirmation will be sent with further information about the Zoom meeting.

The O&E Team will be hosting a 60-minute presentation about Intimate Partner Violence (IPV) within the LGBTQ+ community. The discussion will include information about statistics, IPV components, warning signs, intrapersonal and interpersonal interventions, resources and more. There will also be an additional 30 minutes after the presentation for questions and a discussion.

Presenter: Cleo

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>

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

Grab and Go Event: Ponderosa Elementary School (Western Youth Services)

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

WHERE: Ponderosa Elementary School
2135 S. Mountain View
Anaheim, CA 92802

For more info contact (714) 399-3474

Or visit aesd.org/freemeals.WYS O&E will be promoting MHA Month during Anaheim
Grab & Go meal distribution events for children and families.**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>

The Virtual LGBTQ Youth Convening 2020
Still We Rise: Evolution Through Education
Theme: Empowerment

TIME: 10-11:45 a.m.

WHERE: Zoom Live - Link and access information sent to registered participants: bit.ly/Convening2020

Contact via email: tobias.vasquez@lgbtqcenteroc.org or via phone: (714) 953-LGBT (5428) ext. 206 for more information or questions. This is an event organized by the LGBT Center OC.

"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>

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

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“there is
nothing
to be
embarrassed
about.”

ISAIAH WILKINS

Zones for Parents (Western Youth Services)

TIME: 3-4 p.m.

WHERE: Zoom

To register:

<https://www.eventbrite.com/e/zones-of-regulation-for-parents-mha-tickets-103360985490>

During this presentation we will go over the four color zones and identify emotions and state of alertness under each zone. For additional information please contact: Yeslee Fuentes, Lead Outreach & Engagement Specialist (949) 680-0962. Email: yeslee.fuentes@wysoc.org

Wellness Webinar: Mindfulness (OCAFICA)

TIME: 12-1 p.m.

WHERE: Webinar on Zoom

For further information and to register for this presentation available to the general public, please contact us at OCAFICA at (844) 530-0240. Once registered, an email confirmation will be sent with further information about the Zoom workshop.

How to stay present and be in the moment? We encourage you to join us to learn more about mindfulness!

Mental Health Awareness Mondays

TIME: Ongoing

WHERE: Latino Health Access Facebook page
www.facebook.com/lhaorg/

Latino Health Access will post the following:

1. The OC Health Care Agency's Each Mind Matters video called "What it Means to Wear Lime Green."
2. Sananamente's poster called "Los mitos y la realidad de vivir con un reto de salud mental."
3. Mentalhealth.gov's fact sheets entitled "Mitos y realidades sobre salud mental" and "Mental Health myths and facts."

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

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

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**70-90% report
improved quality of life
after receiving support
and treatment.**

SOURCE: <https://up2sd.org>

Connecting in Isolation (Western Youth Services)

TIME: 2-3 p.m.

WHERE: Zoom

To register

<https://www.eventbrite.com/e/connecting-in-isolation-mha-tickets-103360265336>

In this workshop, learn new ways to connect with your community, families and friends by using technology and other methods of communication.

For additional information please contact:

Yeslee Fuentes, Lead Outreach & Engagement Specialist (949) 680-0962. Email: yeslee.fuentes@wysoc.org

“Stress Management and Safety Planning” Webinar

TIME: 11-11:30 a.m.

WHERE: Virtual-Zoom

For further information and to register for this webinar, please contact OE@theprioritycenter.org or call the InfoLine at 1(888) 955-6570. Once registered, a link will be sent with the meeting ID and password for the Zoom webinar.

The O&E Team will be hosting a 30-minute presentation on the benefits of practicing stress management for optimal mental health during Mental Health Awareness Month, with an emphasis on social isolation during the COVID-19 pandemic. The presentation will focus on stress and anger management tips, and resources available at this time for safety and suicide prevention. 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.

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

~~Audrey Hepburn

26

The most violent
element in
society is
ignorance.

EMMA GOLDMAN

Wellness Webinar: Mindfulness (OCAPICA)

TIME: 12-1 p.m.

WHERE: Virtual via Zoom

How to stay present and be in the moment? We encourage you to join us to learn more about mindfulness with OCAPICA O&E team!

Please contact Lorraine Tuala at ltuala@ocapica.org to register. For more information, please call (844) 530-0240.

Meditation (OMID)

TIME: Recorded Zoom Webinar

Call or email for link: 1 (949) 502-4721 or email Sara at skachineh@omidinstitute.org.

WHERE: Webinar on Zoom

For further information and to register for this presentation available to the general public, please call OMID at 1 (949) 502-4721 or email Sara at skachineh@omidinstitute.org. Once registered, an email confirmation will be sent with further information about the Zoom meeting.

What is meditation and how it effects our brains, the types and benefits of meditation.

Presenter: Sara Afsharpour, AMFT

Comedy Night with Adam Grabowski

TIME: 8 p.m.

WHERE: Virtual via Zoom

<https://bit.ly/AGMAY>

Comedian and mental health advocate, Adam Grabowski, empowers students to talk about their own experiences and mental health.

For more information, please contact fatima@www.wpc-oc.org

*"Staying quiet doesn't mean I have nothing to say;
it means, I don't think you're ready to hear my thoughts."*

--ANONYMOUS

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

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

Source: CDC/Adolescent
Health

Mental Health 101 (Western Youth Services)

TIME: 7-8 p.m.

WHERE: Zoom

To register:

<https://www.eventbrite.com/e/mental-health-101-mha-tickets-103360453900>

A webinar to reduce the stigma on Mental Health and to greater understand, support, and encourage family and friends that struggle with a Mental Health diagnosis.

For additional information please contact:

Yeslee Fuentes, Lead Outreach & Engagement Specialist (949) 680-0962. Email: yeslee.fuentes@wysoc.org

Mental Health Awareness Month Celebration (Western Youth Services)

TIME: 1-2 p.m.

WHERE: Zoom

<https://www.eventbrite.com/e/western-youth-services-mental-health-awareness-month-celebration-tickets-103271539956>

A Zoom drop-in celebration of Mental Health Awareness Month with a discussion surrounding Mental Health Awareness and Social Emotional Learning. The celebration will include a Zoom skit: A Friend In Need.

Wellness Webinar: Decluttering your life (OCAPICA)

TIME: 12-1 p.m.

WHERE: Virtual via Zoom

What does decluttering really mean? Come find out what you can do to create the space of your dreams with the OCAPICA team!

Please contact Lorraine Tuala at ltuala@ocapica.org to register. For more information, please call (844) 530-0240.

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

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.**

NAMI-OC “Happy” Hour: Self-Care is not Cancelled

TIME: 5-6 p.m.

WHERE: Zoom meeting

<https://us02web.zoom.us/j/83488196754>

Please RSVP on Eventbrite:

<https://www.eventbrite.com/e/nami-orange-countys-happy-hour-tickets-102942796676>

Sound bath and meditation to promote self-care and healing.
The Orange County Outreach and Engagement (O+E)
Collaborative will be distributing Mental Health Awareness
material to participants.

Wellness Webinar: Decluttering your life (OCAPICA)

TIME: 12-1 p.m.

WHERE: Webinar on Zoom

For further information and to register for this presentation,
please contact us at OCAPICA at (844) 530-0240. Once
registered, an email confirmation will be sent with further
information about the Zoom workshop.

What does decluttering really mean? Come find out what you
can do to create the space of your dreams!

A Season of Isolation is When the Caterpillar gets its Wings (Phoenix House)

TIME: 11 a.m.

WHERE: Los Alisos Intermediate School
25171 Moor Avenue, Mission Viejo, CA 92691

Students will be invited to receive a Butterfly kit; it includes a
self-care/caring for the caterpillars checklist and a resource
guide to help support their mental health during the COVID-
19 pandemic.

It will also include an invitation for a follow-up YouTube video
where recipients will have the opportunity to view a DIY on
how to take care of the caterpillar and build the butterfly
sanctuary, they will also hear the importance of self-care and
goal setting during the “stay at home” order.

*“Mental health is often missing from public health debates even
though it’s critical to well-being.” --Diane Abbott*

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

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Active Parenting & You: Self-Care

TIME: 6-7 p.m.

WHERE: Zoom Meeting

Digital Invitation- RSVP Link to Google Form

<https://forms.gle/kzp2Euh7MhcmfUi9A>

First 100 participants that RSVP will receive an email with the Zoom Link.

Offering a workshop, in English, on Active Parenting & You: Self-Care. Workshop includes an education piece on understanding the Think-Feel-Do cycle and how self-care increases a success cycle. Followed with discussion of different self-care practices.

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

"Chronic pain is no joke. It's every day waking up not knowing how you are going to feel." --LADY GAGA

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

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Maintaining Healthy Mental State & Healthy Relationships During COVID-19 Pandemic (OMID)

TIME: Recorded Zoom Webinar
Call or Email for Link
WHERE: Webinar on Zoom

For further information and to register for this presentation, please call OMID at 1 (949) 502-4721 or email Sara at skachineh@omidinstitute.org. Once registered, an email confirmation will be sent with further information about the Zoom recording.

DID
YOU KNOW?

Webinar will discuss how to maintain a healthy mental state, to help maintain healthy relationships during the pandemic.
Presenter: Halleh Nia, MA

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

Coping Strategies and Self-Care during COVID-19 (APAIT)

TIME: 5-6:30 p.m.
WHERE: Webinar on Zoom

For further information and to register for this presentation, please contact nayelir@apaitonline.org or call APAIT at 1 (714) 636-1349. Once registered, an email confirmation will be sent with further information about the Zoom workshop.

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 isolation. 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 skills-building as needed/requested by participants.

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>

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Paternidad Activa & Usted: Autocuidado (Olive Crest)

TIME: 6:00 pm-7:00 pm

WHERE: Zoom Meeting

Digital Invitation- RSVP Link to Google Form

<https://forms.gle/txYVSmaVYZTLgx2p7>

First 100 participants that RSVP will receive an email with the Zoom Link

Offering a workshop, in English, on Active Parenting & You: Self-Care. Workshop includes an education piece on understanding the Think-Feel-Do cycle and how self-care increases a success cycle. Followed with discussion of different self-care practices.

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

“Time Management and Self-Care Tips” Webinar

TIME: 11-11:30 a.m.

WHERE: Virtual-Zoom

For further information and to register for this webinar, please contact OE@theprioritycenter.org or call the InfoLine at 1(888) 955-6570. Once registered, a link will be sent with the meeting ID and password for the Zoom webinar.

The O&E Team will be hosting a 30-minute presentation on the benefits of practicing time management for optimal mental health during Mental Health Awareness Month, with an emphasis on social isolation during the COVID-19 pandemic. The presentation will include how to deal with changes in the workplace, tips for working from home while minimizing distractions, along with coping tips, and resources available at this time for support.

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

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.

*Todos tenemos cicatrices,
Todos tenemos historias.*

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

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

Nourish to Flourish (Western Youth Services)

TIME: 3-4 p.m.

WHERE: Zoom

To register:

<https://www.eventbrite.com/e/nourish-to-flourish-mha-tickets-103360678572>

In this webinar, learn to nurture the relationship you have with yourself by finding your wonderful traits and characteristics, increasing positive self-talk, and understanding what self-care activities work for you.

For additional information please contact:

Yeslee Fuentes, Lead Outreach & Engagement Specialist (949) 680-0962. Email: yeslee.fuentes@wysoc.org

Grab and Go Event: Price Elementary School (Western Youth Services)

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

WHERE: Price Elementary School
1516 W. North St.
Anaheim, CA 92801

For more info contact (714) 399-3474

Or visit aesd.org/freemeals.

WYS O&E will be promoting MHA Month during Anaheim Grab & Go meal distribution events for children and families.

Stress and Acceptance During Crisis (OMID)

TIME: 1-2 p.m.

WHERE: Webinar on Zoom

For further information and to register for this presentation, please call OMID at (949) 502-4721 or email Sara at skachineh@omidinstitute.org. Once registered, an email confirmation will be sent with further information about the Zoom meeting.

We will discuss how to manage our stress and practice acceptance during crisis.

Presenters : Chiara, AMFT

Daniel Ignacio, MS
Certified Brain Injury Specialist

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

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MENTAL
ILLNESS CAN BE
TREATED.

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

SOURCE: CDC/MENTAL HEALTH

CONNECT-OC Coalition Meeting

TIME: 10-11:30 a.m.

WHERE: Zoom

Connect-OC Coalition is a coalition of local community mental health professionals, local college/university faculty and students all dedicated to increasing accessibility to mental health services for transitional aged youth, young adults (TAY/YA) and their families in Orange County, CA.

For more information and ways to join future coalition meetings you can visit our website at www.connect-oc.org or contact Blair Veraza, Project Coordinator at bveraza@ncaddoc.org.

A Zoom link and coalition meeting agenda will be sent out the day before the meeting. This event is organized by National Council on Alcoholism & Drug Dependence OC.

Grab and Go Event: Olive Street Elementary School (Western Youth Services)

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

WHERE: Olive Street Elementary School
890 S. Olive St.
Anaheim, CA 92805

For more info contact (714) 399.3474
Or visit aesd.org/freemeals.

WYS O&E will be promoting MHA Month during Anaheim Grab & Go meal distribution events for children and families.

Stress Management for Parents (Phoenix House)

TIME: 900 a.m.

WHERE: YouTube

To receive link or more information please email:
MHAMevents@phoenixhouseca.org

Phoenix House will be facilitating a stress management lesson for parents and caregivers. During this session, the audience will receive tips on how to manage and reduce stress, ideas on how to create a new healthy routine at home, ways to unwind and a list of local resources.

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

Fun Night In: BINGO BONANZA (NAMI-OC)

TIME: 6:00–8:00 p.m.

WHERE: Virtual-Zoom

To register for this event, please visit
<https://bingobonanza.eventbrite.com/>

NAMI Orange County in collaboration with Olive Crest and Priority Center is pleased to announce a night that is all about having fun and practicing self-care at home. We will have yoga, meditation, a beginner's painting lesson, local mental health resources, and a short talk with a fun twist on practicing self-care as stay-at-home orders are gradually lifted. Finally, our night will culminate in a 1-hour BINGO BONANZA with prizes! We hope to see you there!

For more information, please visit namioc.org or contact Austin at amessick@namioc.org

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/>