

NEWS

May 2, 2023

For Immediate Release

Focus on Mental Health: Events, Activities and More

Redwood City – The County of San Mateo is celebrating May as Mental Health Month with special events that include wellness walks, poetry readings, resource fairs and more.

The goal is to increase awareness and inspire action to reduce stigma against those with mental health and substance use conditions. Each year, County Health’s Behavioral Health and Recovery Services’ Office of Diversity and Equity partners with local agencies and community members to promote events that are free and open to the public throughout the county.

[Check our listings](#) for both in-person and virtual events and activities.

This year’s statewide theme for Mental Health Month is “**#Share4MH.**” To promote engagement across audiences in California, we are asking Californians to:

Share how you practice self-care.

Share how you practice mental wellness.

Share how you get support for your mental health.

Share how you overcame stigma.

Share your journey towards wellness and inspire others to take action.

Share how you live the Take Action pillars: Check-In, Learn More, and Get Support.

Learn more about [this year’s theme](#) from the Office of Diversity and Equity.

About Mental Health

[Mental health](#) includes our emotional, psychological, and social well-being. Experts say it affects how we think, feel and act. It also helps determine how we handle stress, relate to others and make healthy choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood. [Learn more.](#)