



Connie Beck, Director
Social Services | Public Health | Behavioral Health

news release

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May is Mental Health Awareness Month

May is Mental Health Awareness Month and the Humboldt County Department of Health & Human Services (DHHS) is working with community partners to host events and trainings to end stigma and discrimination and raise awareness.

On Tuesday, May 16, join your friends and neighbors for the Take Action for Mental Health Walk. Participants will meet up at the Hope Center, 2933 H St. in Eureka at 11:30 a.m. and walk to the Humboldt County Courthouse and back. Wear lime green to show your support. Snacks will be provided.

On Friday, May 19, the Wellness and Connection Barbecue is scheduled to take place at the Jefferson Community Center Park, 1000 B St. in Eureka, from 11 a.m. to 2 p.m. Hot dogs and vegetarian options will be provided.

DHHS Behavioral Health Director Emi Botzler-Rodgers said these community events go a long way toward ending stigma.

“Mental health is part of a whole person experience and just like physical illness, mental illness can occur at various times throughout all our lives,” she said. “We as a community have a responsibility to respond to those with mental illness, our friends, family members, neighbors and ourselves, from a place of kindness and compassion.”

One in every four Americans experiences some form of mental illness, according to the National Institute of Mental Health. Mental health issues affect people regardless of gender, race, age, sexual orientation, social or economic status.

Many pregnant people and new parents also experience mental health challenges. According to the California Department of Public Health, one in five California women has symptoms of depression during or after pregnancy. Pregnant people and new parents who need assistance can call the 24-hour National Maternal Health Hotline at 1-833-9-HELP4MOMS.

If you or someone you know needs help, contact the local Behavioral Health 24-hour crisis line at 707-445-7715, toll-free at 1-888-849-5728 or call the Suicide and Crisis Lifeline at 988.

For a full list of events, visit humboldt.gov/behavioralhealth.

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