



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

news release

April 27, 2017

Mental health recovery, awareness focus of May celebrations

The Humboldt County Department of Health & Human Services (DHHS) is inviting the community to participate in celebrations and activities aimed at reducing stigma and raising awareness. Known locally as "May is Mental Health Matters Month," the calendar of events was created to show support for people working toward mental health.

The Eureka Theater will host the annual Directing Change film screening and art show on Saturday, May 6, during Arts Alive! in Old Town. The evening honors young film talent as well as recognizing National Children's Mental Health Awareness Day. Directing Change is free and will include a red carpet, so attendees are encouraged to dress to impress.

The Mental Health Walk is scheduled for Tuesday, May 9. Attendees will start at the Hope Center in Eureka at noon and march in support of mental health to a courthouse rally and speeches. Wear lime green to show your support.

Other events throughout the month will include a mental health first aid training, film screenings and barbecues in Fortuna, Willow Creek and Eureka.

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

The Hope Center is located at 2933 H St., Eureka. For more information and the full calendar of the month's events, phone 707-268-DHHS or visit humboldt.gov/DocumentCenter/View/58857

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Participants of the 2016 Mental Health Walk march to the courthouse.