



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

## news release

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May 4, 2017

### Young filmmakers share their craft during Arts Alive!

Youth and mental health advocates will gather on the red carpet Saturday and are inviting the community to join in. The Directing Change film screening will take place at the Eureka Theater during the May 6 Arts Alive!

The free event is a celebration of young film talent as well as a recognition of National Children's Mental Health Awareness Day. Humboldt County youth have been working on short films exploring suicide prevention and mental health at their schools and in their communities. Their work will be shown and winners celebrated. It's a red carpet night, so attendees are encouraged to dress to impress.

The Directing Change event will also include the winners of the "Reframe Your Brain" poster contest. The artwork will be on display in the theater lobby. Poster designs were created to reflect awareness about mental wellness, resiliency and recovery.

Directing Change is just one of the many events happening during May is Mental Health Matters Month celebrations. Events occurring throughout the county highlight that mental health is a critical issue for everyone, and that widespread wellness is possible only when fear and stigma are eliminated.

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 Eureka Theater doors open at 6 p.m. with the screening starting at 7. For a full calendar of May is Mental Health Matters events, check out <http://humboldt.gov.org/DocumentCenter/View/58857>.

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