



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

## news release

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April 26, 2018

### A Decade of Hope: Recognizing 10 years of Mental Health Month celebrations

The Humboldt County Department of Health & Human Services invites the community to recognize "May is Mental Health Matters Month" with a series of events designed to reduce stigma and spread awareness about the importance of mental wellness.

Throughout the month, community members countywide will have the chance to participate in panel discussions, community barbecues and dance therapy classes.

More than a dozen short films created by local youth will premiere at the Directing Change Red Carpet event on Thursday, May 3, at The Inn at 2<sup>nd</sup> & C in Eureka. These films showcase young people's perspectives on mental wellness and serve as resources for those who may be experiencing a crisis. Attendees are encouraged to dress formally for the screenings. Doors open at 6:30 p.m.

The Decade of Hope Mental Health Walk is scheduled for Tuesday, May 8. Attendees will start at the Hope Center at 2933 H St. in Eureka at 11:30 a.m., then march to the courthouse rally. Wear lime green to show your support.

According to the National Institute of Mental Health's most recent data, one-in-six adults live with mental illness, and an estimated 50 percent of youth between the ages of 13 and 18 will experience a mental health challenge in their lifetime.

To access the full calendar of "May is Mental Health Matters Month" events, call 707-268-DHHS or visit <https://humboldt.gov/DHHS>. All events are free.

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Participants of the 2017 Mental Health Walk march to the courthouse.