



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

news release

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May events focus on mental wellness

The Humboldt County Department of Health & Human Services (DHHS) invites community residents to a series of events that aim to reduce stigma and raise awareness of mental health challenges as part of "May is Mental Health Matters Month."

Residents around the county will have the chance to explore different ways to promote mental wellness at events and workshops organized by DHHS and community partners throughout the month of May, including film screenings, health fairs and dance therapy classes. All events are free.

This year, the ReFrame Your Brain poster contest will kick off with an artists' reception on Wednesday, May 8, from 5 to 7 p.m. at the Humboldt County Library Eureka Main Branch. The contest features more than two dozen local artists sharing their perspectives on mental health through artwork. Entries will be on display all month long.

The Mental Health Matters Walk and Rally brings the community together each year to increase awareness about the importance of mental wellness. The walk and rally are scheduled for Tuesday, May 7. Attendees will gather at the Hope Center at 2933 H St. in Eureka at 11:50 a.m., then march to the courthouse for a rally. Wear lime green to show your support.

Mental health challenges can affect anyone regardless of age, income, ethnicity or gender. According to the National Institute of Mental Health's most recent data, one-in-five adults live with a mental health condition, and approximately 50 percent of all people nationwide will experience a mental health challenge in their lifetime.

To access the full calendar of "May is Mental Health Matters Month" activities, visit humboldt.gov/DHHS or call 707-268-DHHS.

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