

Community Education Committee

Jan. 9, 2017



Becoming Brave

A training to erase the stigma of mental health challenges

StandAgainstStigma.com

'Let It Out' Video

“I never would have wanted to kill myself if I didn't feel invisible. The people around you who are hurting often show it.”

- Dee Dee on her suicide attempt

StandAgainstStigma.com

www.StandAgainstStigma.com



Brave Faces Presentations

- Nov. 30 – National University class – Justin and Chris
- Dec. 16 – Circle of Friends presentation with Bonnie, Kendra, Mike and Matt

Brave Faces Upcoming Presentations

- Jan. 27 - Modified CIT for Dispatch
- Feb. 9 – North Valley Employer Advisor Council

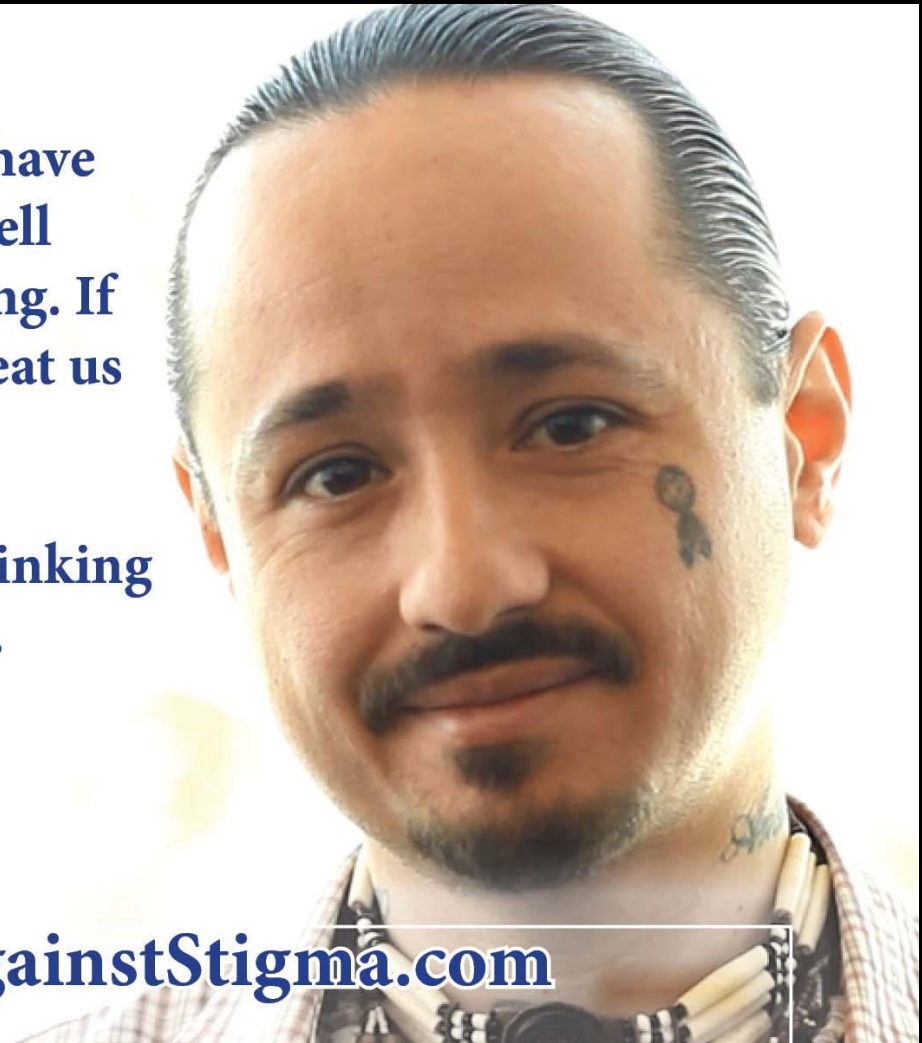
Upcoming – RPD Chaplains Presentation

Men's Mental Health Campaign

“We can't hold it in. We have to let it out. We have to tell someone how we're feeling. If we keep it inside, it will eat us alive.”

- Junior on thinking about suicide.

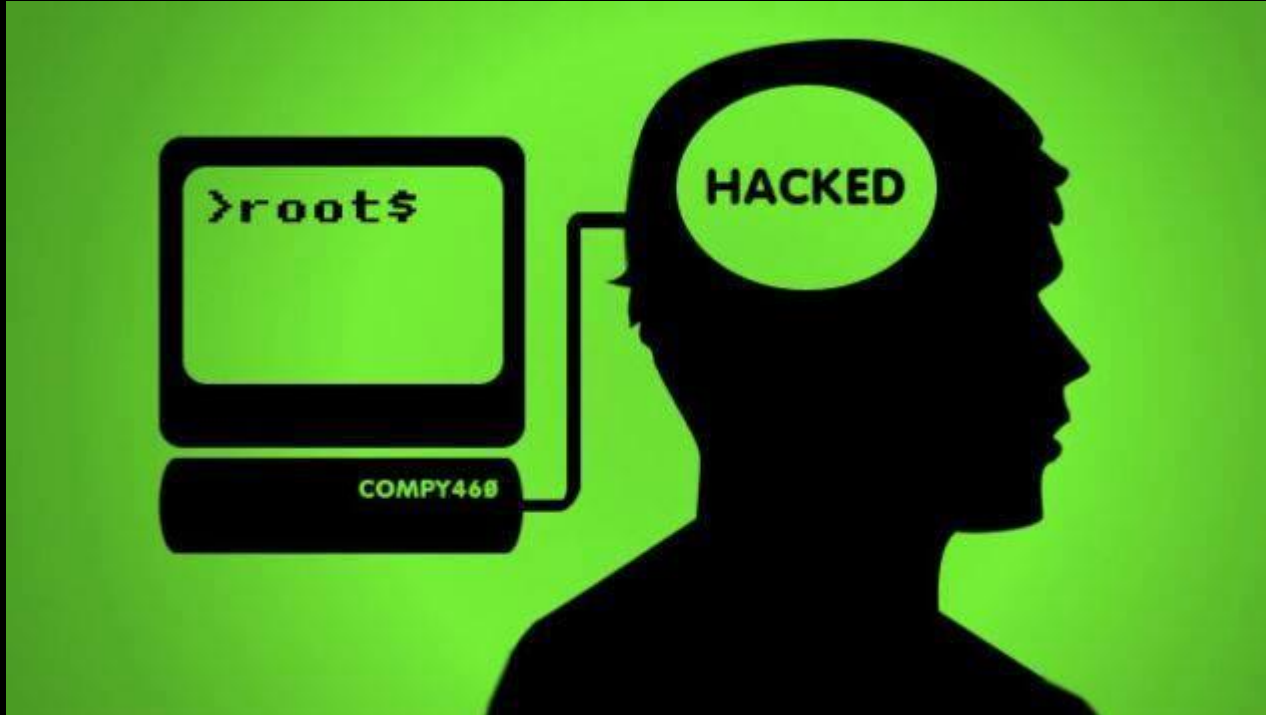
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Mental Health Month Planning

1. Minds Matter Mental Health Fair and Concert - Friday May 5
2. Hope Is Alive! at the Arts Council?
3. Forum?

Mental Health Hack-A-Thon Planning



Minds Matter TV/Podcast

Hope Is Alive! 8

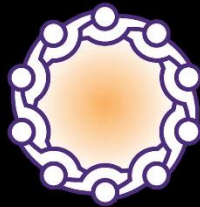


Becoming Brave

Becoming Brave

A FREE! training to erase the stigma of mental health challenges

- This training covers 3 primary goals:**
- Evaluating the costs/benefits of disclosing personal experience with mental health conditions.
 - Developing strategies for safer disclosing.
 - Crafting one's story into a meaningful message.



Stand Against Stigma
Changing minds about mental illness

When: 10 a.m. - 4 p.m. Saturday, Dec. 10, 2016

**Where: Mae Helene Bacon Boggs Building
2420 Breslauer Way, Redding**

**A lunch will be provided.
RSVP as space is limited.**

For more information or to RSVP, contact Marc at
mdadigan@co.shasta.ca.us or (530) 225-5970.

www.standagainststigma.com



Sponsored by Shasta County Health and Human Services Agency in conjunction with the Community Education Committee and our many community partners and advisory boards. Funding for this event is provided through the Mental Health Services Act.