



What It Is:

Through artistically rendered photography displays, online multimedia and speaking presentations, Brave Faces participants tell their stories of overcoming serious mental health challenges, suicide loss and substance use disorders.

Nearly 25 Shasta County residents have shared their experiences to reduce stigma associated with mental illness and suicide and to encourage others to seek help when they're struggling.

Who the Brave Faces Are:

The Brave Faces include a retired deputy, educators, students, artists, volunteers, firefighters, tribal members, county employees, family members and neighbors. They come from many walks of life, religions, sexual orientations and ethnicities. The success of Brave Faces is predicated on community members seeing someone they know or identify with pictured in the gallery.

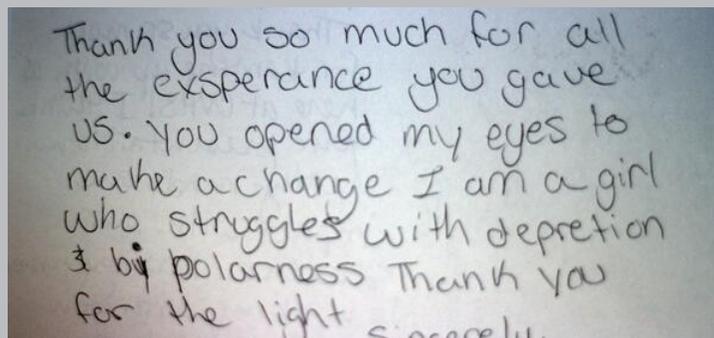
Who Has Seen Brave Faces:

The portrait gallery has been displayed at coffee shops, Redding City Hall, health clinics, the Redding Library, and high schools among other places. Speakers have presented to more than 100 community groups, classes and clubs, ranging from Mercy Medical Center staff to the Burney Tea Party, from the Pit River Tribe's Red Road Recovery Group to Sequoia Middle students. Since May 2012, they have directly reached more than 1,300 people in Shasta County.

An Evidence-Based Practice:

Through qualitative and quantitative surveys, the Brave Faces speakers have proven their ability to reduce stigma and increase help-seeking in the community. San Mateo County is creating a photography project modeled on Brave Faces, and Brave Faces was featured in a panel at the 2014 Tools for Change conference in San Francisco, a national seminar on stigma reduction.

One Central Valley student wrote to us after seeing Brave Faces:



Sponsored by Shasta County Health and Human Services Agency in conjunction with the Community Education Committee and Suicide Prevention Workgroup.

The Brave Faces Portrait Gallery is funded by the Mental Health Services Act.

www.standagainststigma.com



Stand Against Stigma
Changing minds about mental illness