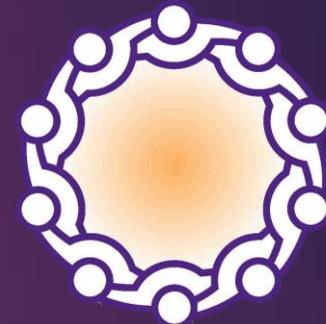


Stand Against Stigma Committee

DECEMBER 11, 2018



Stand Against Stigma
Changing minds about mental illness



“ The Stand Against Stigma Committee works to promote mental wellness, increase community awareness of mental health, and end the stigma surrounding mental illness and substance abuse. ”

MISSION STATEMENT



Introductions

- ▶ Name
- ▶ Title and organization
 - ▶ Members of the community are welcome too!
- ▶ What do you do to support mental wellness and destigmatize mental health challenges?

Discussion

New Website
Layout

Discussion

Updating Brave
Faces

Discussion

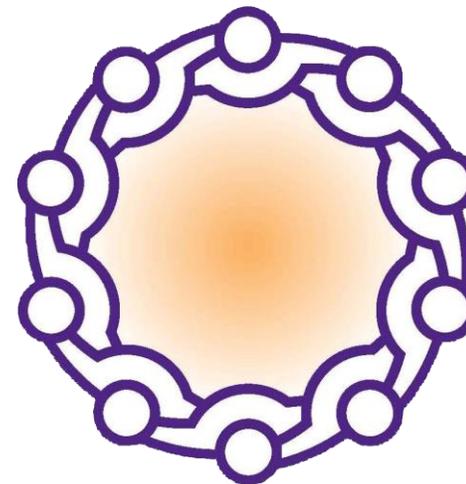
Mental Health
Month





Resource Sharing

Updates



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Brave Faces at The S Word Screening

August 17, 2019



Brave Faces at Shasta College

October 16, 2019 | All Things [Not] Being Equal: Gender in the Northstate – Gender and Mental Health

Upcoming Activities

Speaking Engagements

- **November** – IOT (11/13); Seeking presentation requests
- **December** – Seeking presentation requests

Events & Trainings

November

- **Becoming Brave**– 11/16

May

- **Minds Matter (*Tentative)**
– Friday, May 8th, 5-9 p.m.
at the Sundial Bridge;
Resource Fair 5-9 p.m.,
Hope Is Alive! Open Mic
6-9 p.m.
- **Intermountain Mental Health Month** – TBA

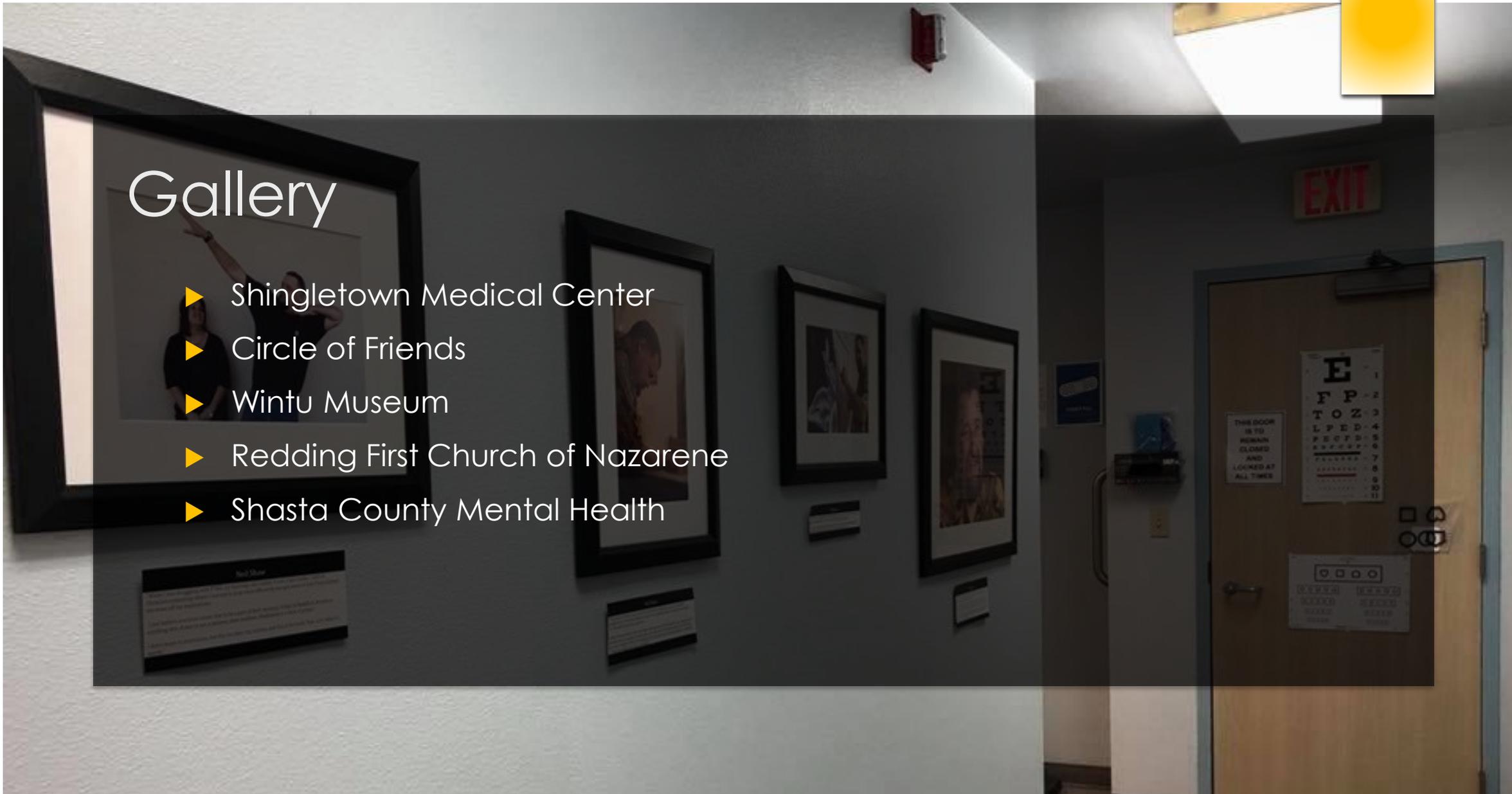
Community Outreach

January

- Redding Health Expo

Gallery

- ▶ Shingletown Medical Center
- ▶ Circle of Friends
- ▶ Wintu Museum
- ▶ Redding First Church of Nazarene
- ▶ Shasta County Mental Health



Changing minds about mental illness.

WHAT IS STIGMA?

About one in four people will struggle with a mental illness every year, and about 40 people in Shasta County die by suicide every year. Because of shame and discrimination associated with mental health problems, many people don't seek the help they need.

The Brave Faces Portrait Gallery and True Colors Art Gallery use true stories of hope and recovery to fight stigma by improving our understanding of mental illness and suicide.

CRYSTAL JOHNSON SPEAKS ABOUT WOMEN'S CONNECT AND BREAKING THE CYCLE OF ADDICTION



Website

WWW.STANDAGAINSTSTIGMA.COM

FOLLOW US



SIGN UP FOR E-UPDATES!

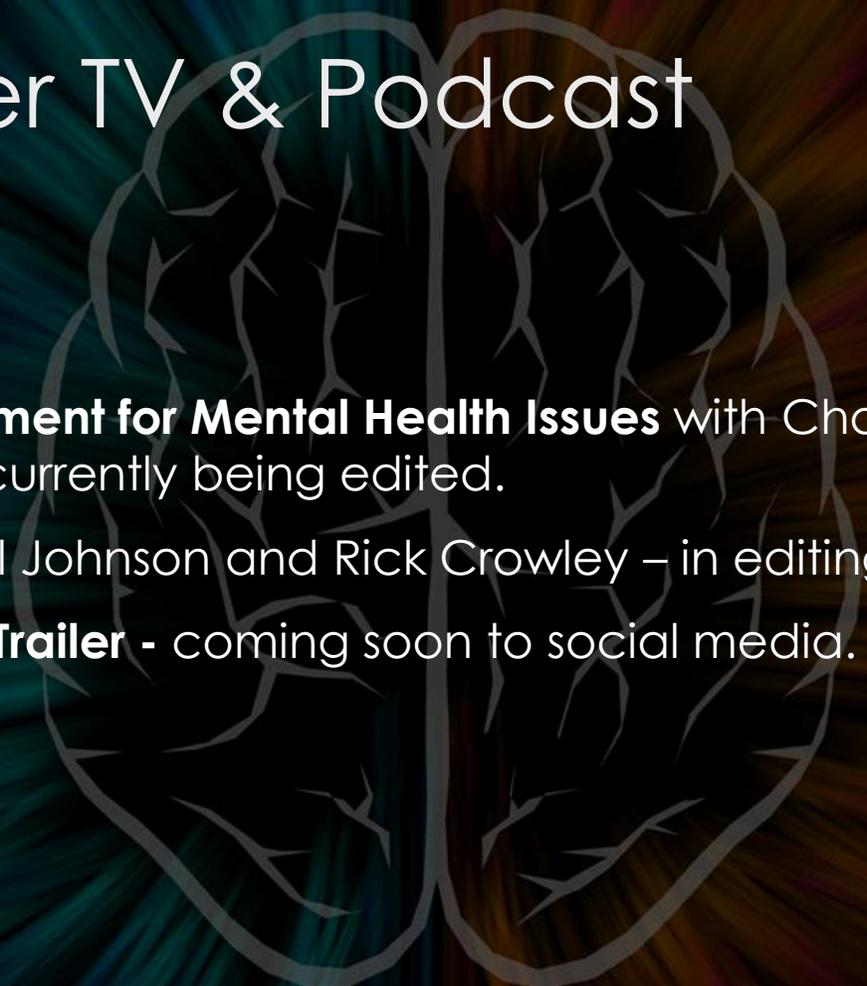
Email Address

NEED HELP NOW?

 [Call the National Suicide Prevention Lifeline](#)

 **1-800-273-TALK**

"When I made the commitment to get clean, I was really scared to talk to anyone face-to-face with the issues I was having or the fact I didn't know where to get help. If I could have accessed a website with all



Minds Matter TV & Podcast

- ▶ **On pause**
- ▶ **Housing as Treatment for Mental Health Issues** with Chante Catt and Donnell Ewert – currently being edited.
- ▶ **ACEs** with Crystal Johnson and Rick Crowley – in editing.
- ▶ **Minds Matter TV Trailer** - coming soon to social media.

Social Media



Facebook

Be on the look out for new Brave Faces stories, Denise, Aiden and Jullie.



Instagram

@shastabravefaces



YouTube

Several videos are currently available on the Shasta HHSA YouTube.

EXTRA! EXTRA!

Did you know Shasta HHS
has an online newsroom?

Go to
<https://tinyurl.com/hhsanewsroom>
and get:

Press Releases
Success Stories
Videos

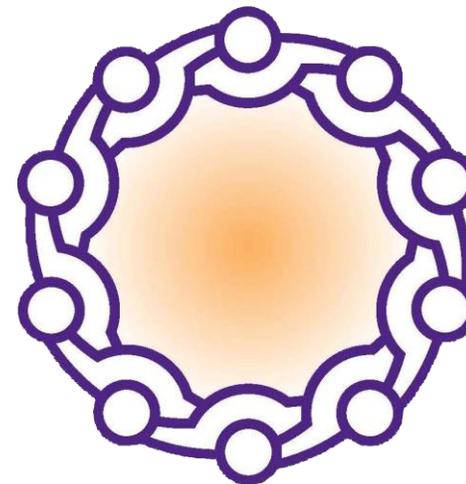
Links to other important sites
And More!



Shasta County
**Health & Human
Services Agency**



Thank You



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