



California's Mental Health Movement



**Directing Change**

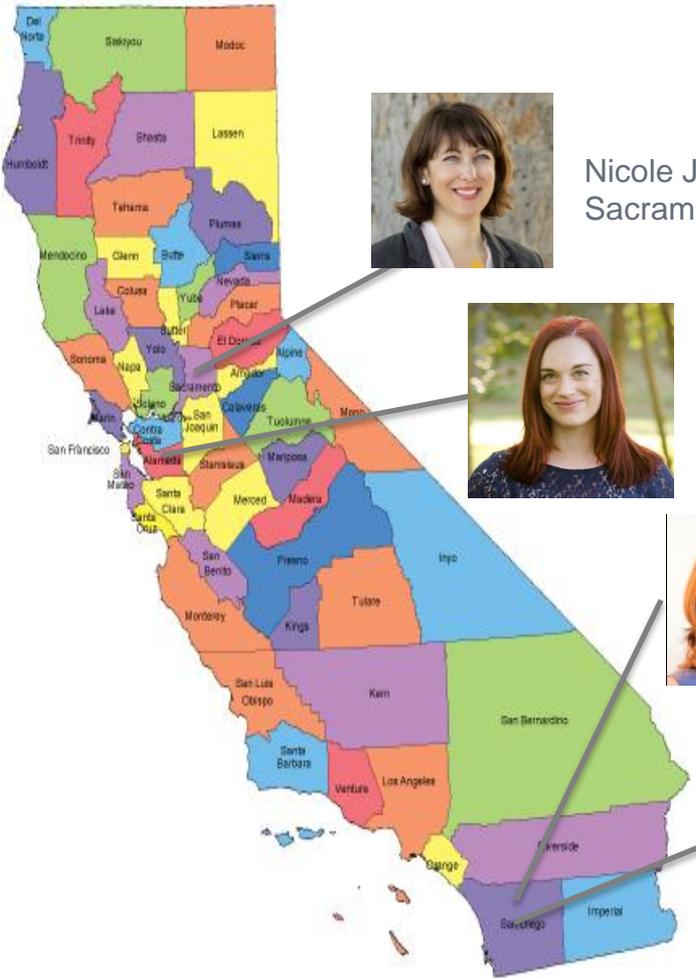
*Program & Film Contest*

[www.DirectingChange.org](http://www.DirectingChange.org)

# Suicide Prevention: Engaging Youth in Schools and Communities

September 12, 2017

# Introductions



Nicole Jarred  
Sacramento, CA



Tawny Porter  
Alameda, CA



Jana Sczersputowski  
San Diego, CA



Stan Collins  
San Diego, CA

# Each Mind Matters

**Each Mind Matters is California's Mental Health Movement.** We are millions of individuals and thousands of organizations working to advance mental health.



# Welcome!

- Please mute your line
- If you have a question, technical problem or comment, please type it into the “Questions” box or “raise your hand” by clicking the hand logo on your control panel





# Agenda:

- It's Suicide Prevention Week!
- AB 2246 – Implementing Policy Change
- 13 Reasons Why & Messaging
- Walk in Our Shoes
- Directing Change Program & Film Contest
- NAMI on Campus
- Active Minds
- Community Colleges
- Resources and How to Get Involved



# Tools for Suicide Prevention Week

**#BeThe1To**

**Know the Signs.  
Find The Words.  
Reach Out.**

**September 10-16**  
Suicide Prevention Week  
**September 10**  
World Suicide Prevention Day



Photo for illustrative purposes



**SuicideisPreventable.org**

# Suicide Prevention Week 2017

The toolkit includes:

- Suicide Prevention Tools & Resources
- Social Media Posts
- Resources and Activity Ideas for Youth & Schools

The toolkit can be found and **downloaded** at [www.eachmindmatters.org/spw2017/](http://www.eachmindmatters.org/spw2017/)

Mental Health

Stories

Get Involved

Events

Resources

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Mental Health | Stories | **Get Involved** | Events | Resources | Blog

## Get Involved

We all have mental health, and our voices are amplified when we speak up together. California's Mental Health Movement grows stronger every day as millions of people and thousands of organizations are working to advance mental health. There are many ways to add your voice and strengthen the movement.



## Spread the Word

Learn more about the movement and get tools to help inform others.

[More](#)



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## Spread the Word

Each Mind Matters is gaining momentum every day as people like you join California's Mental Health Movement. Together we can create supportive communities where no one feels alone.

Every person plays an important role in helping people feel comfortable by having open conversations and encouraging those who need it to seek support. Below are some things you can do to help.

### May is Mental Health Matters Month

May is Mental Health Matters Month! Throughout the month, people from across California will come together to spread awareness about the importance of mental health and show their support for the issue. Get your free [resources](#) (tools) and videos to get your community talking about mental health during the month of May!

Check out our previous toolkits for even more activities and information:

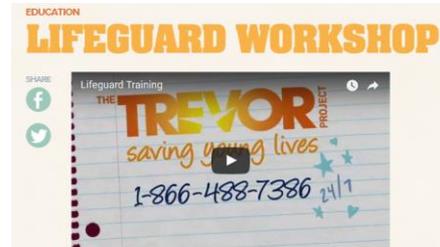
- [October Mental Health Awareness Week 2016](#)
- [May's Mental Health Matters Month 2016](#)



# School-Based Activities

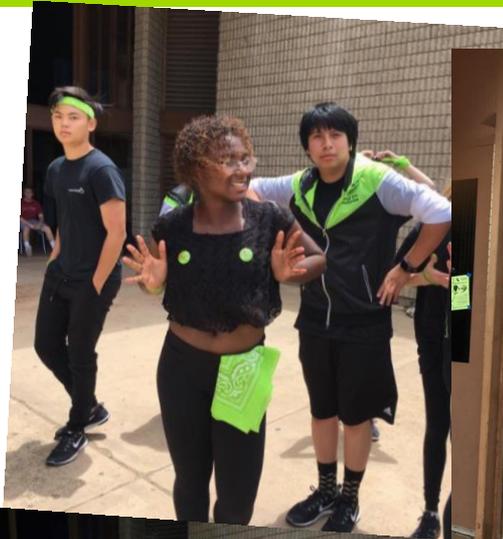


- ❑ Host a suicide prevention gatekeeper training for parents
- ❑ Host a screening of Directing Change films for youth/parents
- ❑ Work with teachers to implement The Trevor Project’s “Lifeguard Workshop”
- ❑ Set up a resource table with materials and resources about suicide prevention
- ❑ Implement a “13 Reasons Why Not Activity”



# Youth Mental Health Events in San Diego County

- Torrey Pines Mental Health Club hosted a “Green Ribbon Week Todd Marinovich Assembly” for May is Mental Health Month



**ONE IN FIVE** teenagers  
suffers from a **DIAGNOSABLE, TREATABLE** mental illness.

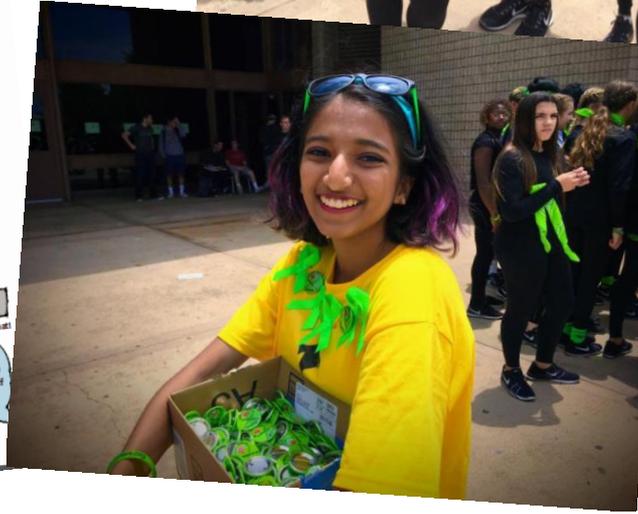
but on average, it takes up to  
**TEN YEARS**  
for these kids to seek help.

This delay happens because of **STIGMA.**

**TP NCHS**  
is part of NAMI's On-Campus efforts, trying to  
**REDUCE STIGMA** around mental health with

PROJECTS	AND EDUCATION
 We meet on Thursdays in room 55 at lunch!	 View our website, view our Facebook page, or join our Facebook group using Snapchat
	Contact me (T available) at 1 (858) 519-7409 or on Facebook if you'd like more information!

David M. Allen



# Youth Mental Health Events in LA County

- Claremont High School hosted a campus-wide mental health event where Directing Change films were screened in the gym.



# Youth Mental Health Events in Placer County

- Whitney High School hosted a screening of Directing Change films in the theatre during lunch time to raise awareness of mental health and suicide prevention.



# Engaging Students in Suicide Prevention: Sacramento County

- Students created a video that was part of a lesson on Suicide Prevention which was shown to all students at Franklin High during advisory class period.



[https://youtu.be/\\_f5U3kz3DHY](https://youtu.be/_f5U3kz3DHY)



# Boys & Girls Club of the San Gorgonio Pass

The screenshot shows the Instagram profile for 'bqcbanningtc'. The profile picture is a green awareness ribbon. The bio reads: 'BGC Banning Teen Center Boys and Girls Club of the San Gorgonio Pass Teen Center in Banning, Ca. Powered by The Banning Keystone Club "Aduvare Iuvenem" youtu.be/17OYLzMV8\_g'. The post grid includes a congratulatory note for graduates, a photo of the club building, a photo of a person with binoculars, and several photos of youth members.



Speak Out

[https://youtu.be/17OYLzMV8\\_g](https://youtu.be/17OYLzMV8_g)



# Questions and Answers



# AB 2246: Resources, Programs and Trainings

***“Suicide prevention and intervention require constant vigilance.”***

Hayes Lewis, co-creator of Zuni Life Skills



# AB 2246

- [AB 2246 language](#)
- [CDE Model Policy](#)
- [AB 2246 Guide](#):  
*Comprehensive overview of resources including staff training options, youth engagement programs and risk assessment tools.*

Education Code section 215 (a) (1)  
The governing board or body of a local educational agency that serves pupils in grades 7 to 12, inclusive, shall, before the beginning of the 2017–18 school year, adopt, at a regularly scheduled meeting, a policy on pupil suicide prevention in grades 7 to 12, inclusive. The policy shall be developed in consultation with school and community stakeholders, school-employed mental health professionals, and suicide prevention experts and shall, at a minimum, address procedures relating to suicide prevention, intervention, and postvention.

# Building a Strong Foundation

Create a policy that provides the foundation for suicide prevention, intervention and postvention in your district.



- ✓ Prevention
- ✓ Intervention
- ✓ Postvention



# AB 2246

To request visit: [www.directingchange.ca.org/schools/](http://www.directingchange.ca.org/schools/)

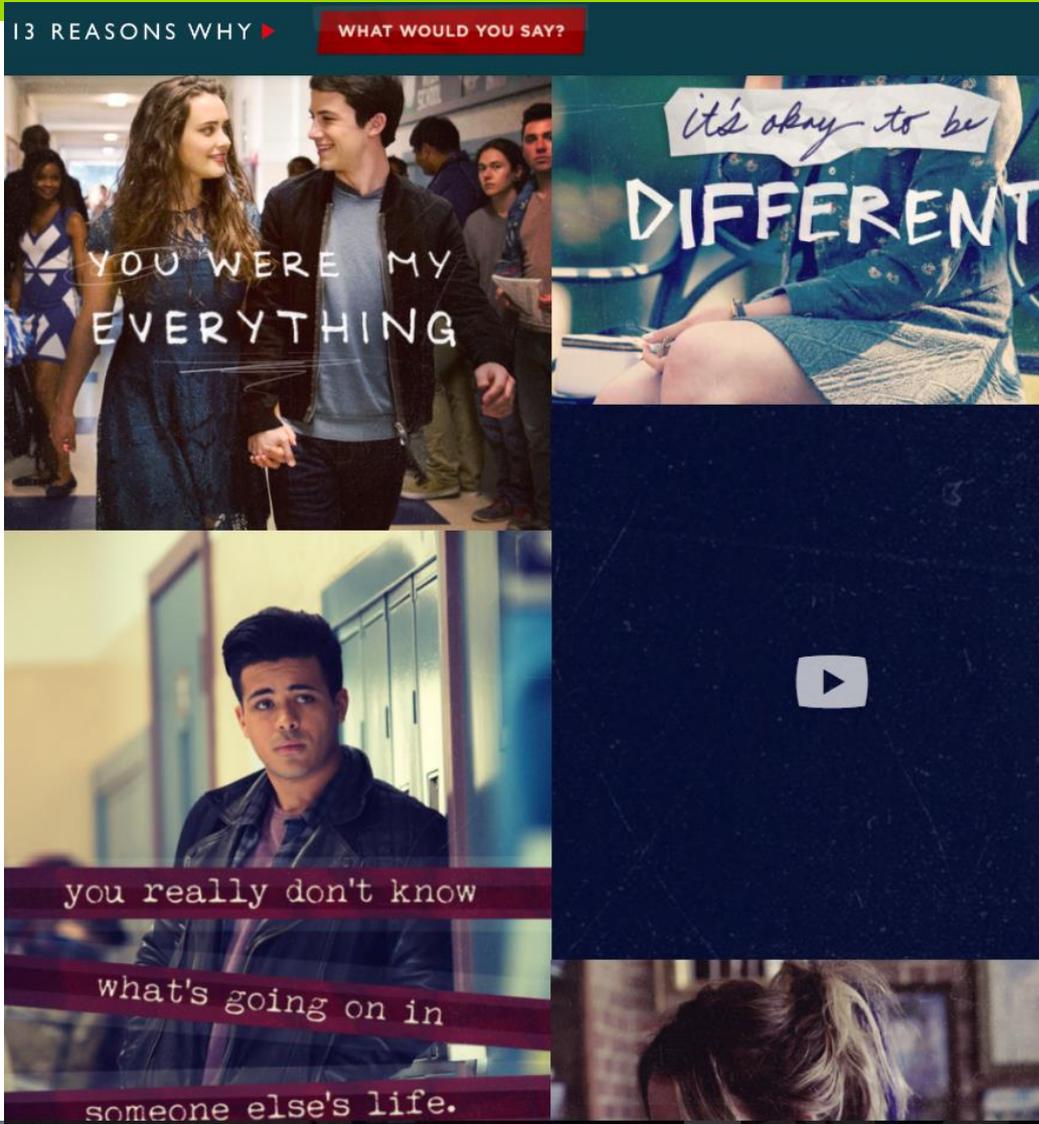
## District-wide trainings and one-on-one support for a school are available, including:

- Reviewing and updating a district's or schools existing policies and protocols
- Providing an overview of the spectrum of suicide prevention efforts in the school-setting, including available staff trainings and student engagement programs.
- Identifying and responding to students that may be at risk
- Creating a post-vention plan to respond after a suicide attempt or suicide death in the school community



Mental Health First Aid

Kognito



# Thirteen Reasons Why

## CRISIS INFORMATION

In need of help? Choose your country:

United States ▾

[United States](#)

### Crisis Text Line

If you are immediately concerned about yourself or a friend, reach out for help:

TEXT: 741741

<http://www.crisistextline.org/>

### JED

To learn about emotional health and how to support a friend, visit:

<https://www.jedfoundation.org/help>

For more guidance on talking to friends and family about the series [click here](#)

### National Suicide Prevention Lifeline

1-800-273-8255

En Espanol: 1-888-628-9454

Deaf and Hard of Hearing: 1-800-799-4889

[Suicidepreventionlifeline.org](http://Suicidepreventionlifeline.org)

NETFLIX

13 REASONS WHY ▶

<https://13reasonswhy.info/#usa>

# Thirteen Reasons Why

- **“Talking Points for 13 Reasons Why”, Jed Foundation/SAVE:** [https://www.save.org/wp-content/uploads/2017/04/13RW-Talking-Points-Final\\_v6.pdf](https://www.save.org/wp-content/uploads/2017/04/13RW-Talking-Points-Final_v6.pdf)
- **“Considerations for Educators”, National Association of School Psychologists:** <http://www.nasponline.org/resources-and-publications/resources/school-safety-and-crisis/preventing-youth-suicide/13-reasons-why-netflix-series-considerations-for-educators>
- **Resources from Suicide Prevention Resource Center for “13 Reasons Why”:** <http://www.sprc.org/13-reasons-why>
- **“Safe Messaging for Suicide Prevention”, National Action Alliance for Suicide Prevention:** <http://suicidepreventionmessaging.org>



# Questions and Answers



# WALK IN OUR SHOES

Hello! Are you curious about what it's like to be in someone else's shoes? Do you want to learn about other people's lives? Curiosity and learning are great, so lace up, strap on, or slip on your sneakers and let's learn about mental health. Learning about other people can help you understand that they're still a lot like you — they're just on a journey in different shoes.





# FOR GROWNUPS

**NEED HELP NOW?**

## FOR TEACHERS

Mental health challenges are more common than one realizes. As an educator, you play a crucial role in introducing the subject of mental health to your students. In fact, some of your students have probably experienced their own mental health challenges.

The following resources provide information about mental health, a synopsis of the Walk In Our Shoes campaign and a Classroom Facilitation Guide, with accompanying activities, that familiarize students with mental health and wellness.

**INTRODUCING MENTAL HEALTH (TEACHERS)**  
**ABOUT WALK IN OUR SHOES**  
**CLASSROOM FACILITATION GUIDE**  
**CLASSROOM LESSON PLANS**  
**CLASSROOM ACTIVITIES**

[www.walkinourshoes.org/for-grownups](http://www.walkinourshoes.org/for-grownups)

**Submission  
Deadline:  
March 1, 2018**



## **Directing Change**

*Program and Film Contest*





**Pain isn't always obvious**, but research shows that **4 out of 5** teens who attempt suicide have given clear warning signs.

Teens turn to their friends for support.

**But are they prepared to help?**



## MENTAL HEALTH QUICK FACTS



**75%**

Percentage of all mental illnesses that start by the age of 24.

Source:  
National Alliance on Mental Illness (NAMI)



**6 - 8 years**

Amount of time young people wait from onset of symptoms before getting help.

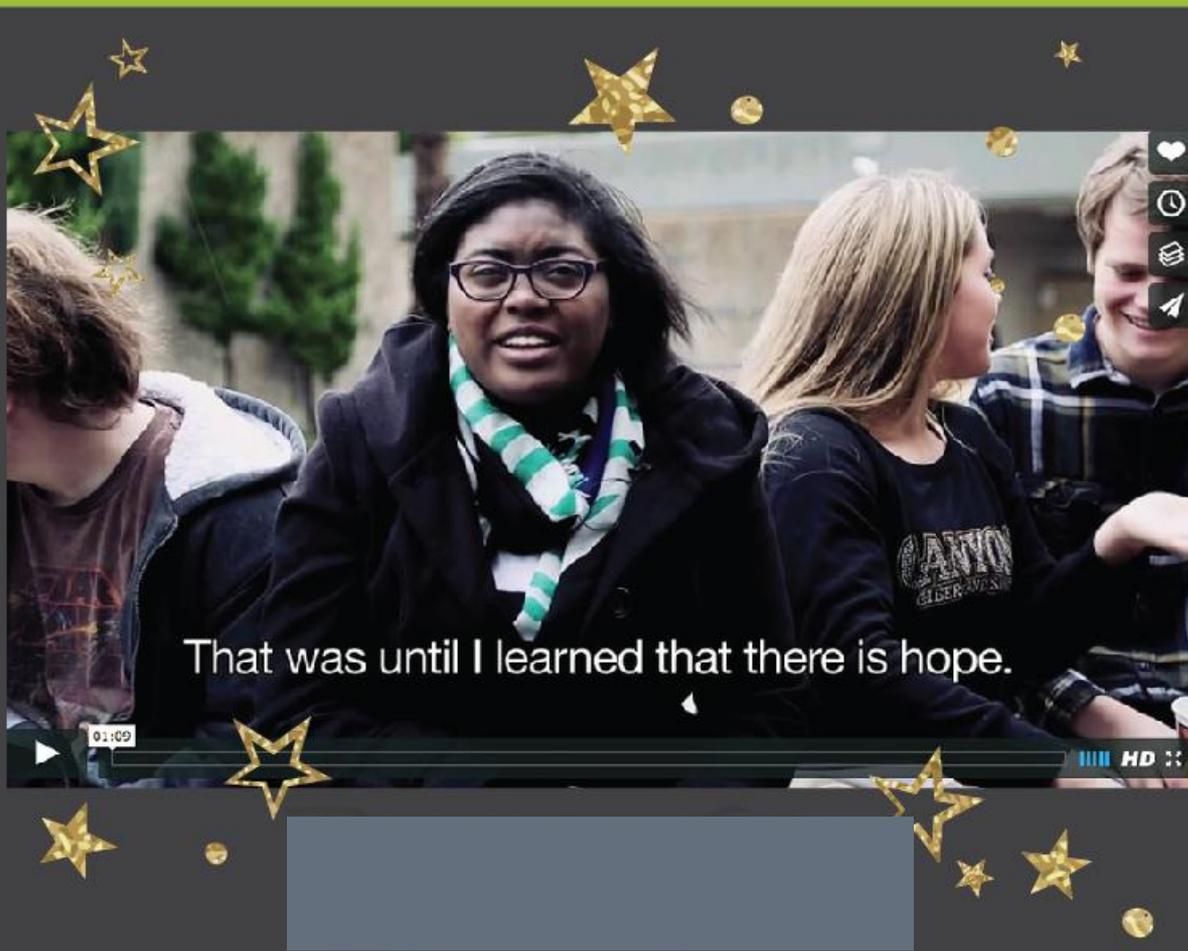
Source:  
JAMA Psychiatry, 2005



**70% - 90%**

Percentage of Individuals reporting improved quality of life after receiving support and treatment.

Source:  
NAMI California



The **Directing Change Program** engages young people throughout California to learn about mental health, the warning signs for suicide and how to help others in a language teens relate to: ***film.***

# Directing Change Program & Film Contest

Youth and young adults submit 30 and 60 second films about suicide prevention, mental health, and explore these topics through the lens of diverse cultures.



❖ **Submission Deadline: March 1, 2018**

❖ **Volunteer to Judge Films!**

✓ **Red Carpet Award Ceremony**

✓ **Cash prizes for winning teams and schools**

✓ **Open to students in grades 7-12 and youth ages 14-25**



# Directing Change

Program and Student Film Contest



## THE DIRECTING CHANGE PROGRAM AND FILM CONTEST

engages young adults throughout California to learn about the warning signs for suicide, mental health and how to help a friend by creating short films. Throughout the filmmaking process, participants are engaged via all methods of the "learning spectrum" to see, experience, discuss, and apply concepts learned about suicide prevention and mental health. These films are used in schools and communities to raise awareness and start conversations about these topics.

Findings from a cross-sectional case-control study by NORC at the University of Chicago demonstrated knowledge, attitude and behavior changes:



**Directing Change participants** more frequently agreed that suicide is preventable, identified more warning signs and were more willing to encourage others to seek help, beyond their own social circles.

**Directing Change participants** are more willing to engage in conversation aimed at suicide prevention and have fewer attitudes that contribute to stigma about mental illness.



**Teachers** report impact on students and school climate such as gaining skills for dealing with mental health issues later in life, noticing social isolation, increased sense of safety and sensitivity to the feelings of others, and knowledge of how to connect peers with resources.

**Directing Change** provides an effective, tangible, and supportive way to generate open discussion about mental illness, prevent suicide, increase help-seeking, and to reduce stigma and discrimination.



Since 2012, 5,343 youth have participated in the Directing Change Program and Film Contest. Their commitment and creativity towards raising awareness about suicide prevention has helped inspire a new generation to know the warning signs, reach out for help, and initiate conversations that could help save a life.

Learn more about the Directing Change Program and Film Contest by visiting [DirectingChange.org](http://DirectingChange.org).



Funded by counties through the voter-approved Mental Health Services Act (Prop 63)



Ghirardelli, A., & Bye, L. (2016, January 30). *California Mental Health Services Authority Directing Change Film Contest and Program Evaluation*. Retrieved from <http://www.directingchange.org/wp-content/uploads/CalMHSA%20DC%20Eval%20Report.pdf>

## Directing Change Box Office Returns

**86%**

OF YOUTH LEARNED PROPER RESPONSE TO A FRIEND'S SUICIDE WARNING SIGNS VIA PROGRAM

**58%**

OF YOUTH ENCOURAGED SOMEONE GOING THROUGH A TOUGH TIME TO SEEK HELP

**86%**

AGREED EVEN PEOPLE WHO SEEM SUCCESSFUL CAN BE HURTING ON THE INSIDE AND THINKING ABOUT SUICIDE

**82%**

MADE A PERSONAL EFFORT TO FIND OUT MORE ABOUT MENTAL HEALTH IN THE PAST 12 MONTHS

**2,138**

NUMBER OF FILMS SUBMITTED BY YOUTH IN THE LAST FIVE YEARS

**77,343**

NUMBER OF VIEWS RECEIVED BY ALL FILM SUBMISSIONS SINCE 2012



# Learning Methodology

Directing Change integrates sound pedagogical principles into the filmmaking process so that participants are engaged via all methods of the “learning spectrum”: to see, experience, discuss, and apply. Once created films are used in schools and communities to raise awareness and start conversations about these topics.



<https://youtu.be/gq4B8tB84io>



<https://youtu.be/aR7Rgo6tPU0>

<https://www.youtube.com/watch?v=IFFICLJNbQ8>

# In Summary

- 1) View one of the youth produced films today!
- 2) Participate! View Submission Details here:  
[www.directingchangeCA.org](http://www.directingchangeCA.org)
- 3) Request a training or technical assistance with implementing AB 2246

The Sixth Annual  
**Directing Change**  
Program and Film Contest

To keep up with the latest updates, visit:  
[www.facebook.com/DirectingChangeCA](http://www.facebook.com/DirectingChangeCA)

**CALLING ALL YOUNG FILMMAKERS AND CHANGE AGENTS! MAKE A DIFFERENCE AND WIN CASH PRIZES BY CREATING SHORT FILMS THAT WILL BE USED TO RAISE AWARENESS AND HELP YOUNG PEOPLE ACROSS CALIFORNIA.**

SUBMISSION CATEGORIES:  
SUICIDE PREVENTION · MENTAL HEALTH MATTERS · THROUGH THE LENS OF CULTURE  
ANIMATED SHORT · SANAMENTE

SUBMISSIONS ARE DUE MARCH 1, 2018.

Visit [www.DirectingChangeCA.org](http://www.DirectingChangeCA.org)  
for contest rules and educational resources.

EachMind Matters  
CAMERA  
Your Social Marketer, Inc.



# Questions and Answers



# NCHS Online Format & Club Activities

Erik Villalobos, Education Coordinator

# What is a NAMI on Campus High School (NCHS) Club?

- NAMI on Campus High School (NCHS) is a student-led mental health awareness and stigma reduction club program for high schools in California
- **The goals of NCHS are to:**
  - Make mental health and mental illness more acceptable topics at school
  - Bring awareness to how we can all better support and help one another when faced with a mental illness (either our own or someone we care about)
  - Reduce stigma so people feel more comfortable seeking help for a mental health concern

# New Process for Club Start Up

- In order to remove barriers to clubs starting, NAMI CA has implemented a new online process
- Interested schools will now be able to initiate the process and complete a series of steps to have their club approved
- In-person trainings are no longer required to start a club, but trainings will still be offered as funding allows
- All information and forms are available on the NAMI CA website, [www.namica.org](http://www.namica.org)

# Process to Start a Club

1. Students submit the Online Interest Form through NAMI CA website
  - ▶ This lets NAMI CA know they are initiating the process; NAMI CA informs the local Affiliate
2. NAMI CA will send the students the Start Up Packet
3. NAMI CA coordinates a webinar or conference call with the students, Advisor, and local Affiliate
  - ▶ Objective is to answer questions, go over important club policies, etc.
4. Local Affiliate, students, and advisor have an in-person meeting to get to know one another and form plans for partnership
5. Students and advisor complete the Start Up Packet and turn into NAMI CA for approval
6. NAMI CA reviews the Start Up Packet and officially approves the club

# What's Needed to Complete a Start Up Packet

- ✓ A group of at least 4 students (with at least 50% being in class levels besides senior)
- ✓ An adult Advisor that is committed to helping lead the club, who is comfortable talking about mental health, and is on-campus during school hours
- ✓ The approval of the school principal
- ✓ The approval of the local NAMI Affiliate
- ✓ Confirmation that the school has distributed the Parent Mental Health Awareness Letter

# Club Requirements

- **Clubs must:**
  - Re-register at the beginning of each school year
  - Send out Parent Letter during re-registration
  - Complete bi-annual reports (available online in the Club Leaders only site)
  - Register any club events (available online in the Club Leaders only site)
  - Agree that funds raised will go to their own club, NAMI CA, or the local affiliate
  - Notify NAMI CA of any changes to the advisor or club leader

# Real Life Examples from Clubs

- Held a mental health awareness day and decorated their halls with lime green ribbons and positive messages. Handed out EMM green ribbons and linked the EMM website to their school website.
- Displayed May is Mental Health Awareness Month on digital marquee and held a Mental Health Professional panel speaking about differences in mental health professions
- Held a training for school faculty and staff regarding signs of mental illness in teens





# Questions and Answers



# Student Mental Health Program



Presented By:

Colleen Ganley Ammerman

Specialist, California Community College Chancellor's Office

# California Community Colleges Student Mental Health Program (CCC SMHP)

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- Partnership between the California Community Colleges Chancellor's Office, Foundation for California Community Colleges.
- The **California Community Colleges Student Mental Health Program** is a statewide effort focusing on prevention and early intervention (PEI) strategies which address the mental health needs of California community college students and advance the collaboration between community colleges and their county mental health services.

# Crisis Text Line launched services to CCC's in May 2017.

Hello, is anybody there? My life is a mess right now and I wasn't sure where else to turn.

Yes, we are here 24/7. You made the right decision to reach out. Now, tell me what's going on.

OMG, where should I start?

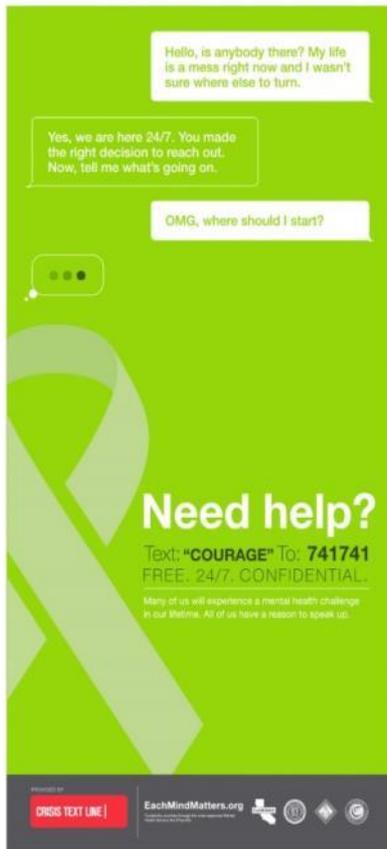
## Need help?

Text: **"courage"** To: **741741**  
FREE. 24/7. CONFIDENTIAL.

Many of us will experience a mental health challenge in our lifetime. All of us have a reason to speak up.

- SMHP disseminated awareness toolkits to 114 CCC's (300,000 materials)
  - Decals, posters, wallet cards, bookmarks and display holders
- Materials were disseminated in:
  - Health centers
  - Libraries
  - Student centers
  - Cafeterias
  - Display boards
  - Classroom doors
  - Laptops
  - Email newsletters
  - Campus magazines and blogs

# Crisis Text Line Toolkit Items



8.5" x 17" Poster



2" x 7" Bookmark

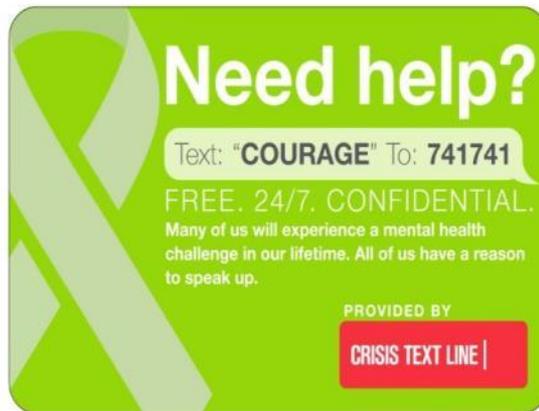


Card and Card Holder Device



4" Decal

# Crisis Text Line Toolkit Items (Continued)



FRONT: 3.25" x 2.185"



REVERSE SIDE

**Laminated wallet card:** Easy and shareable card designed to highlight (1) the specific instructions for contacting Crisis Text Line (2) the text-in word **[COURAGE]** CCC students, faculty and staff must use when they text message and (3) the invitation for volunteers to help.

Kognito trainings teach faculty, staff, and students to recognize mental distress, with the goal of connecting students to support services.

Launched in 2011 with California Community Colleges.

Over **61,000** CCC faculty, staff and students users

**104** of **114** CCC's currently accessing trainings





### At-Risk for Faculty and Staff

This course is designed to prepare faculty and staff to: 1) recognize when a student is exhibiting signs of psychological distress, and 2) manage a conversation with the student with the goal of connecting them with the appropriate campus support service.



### Veterans on Campus

This training is designed to present faculty and staff with typical challenges faced by student veterans so they are better able to assist and potentially refer students to appropriate support services.



### LGBTQ on Campus for Faculty and Staff

This course is designed to prepare learners to effectively manage potentially prejudiced classroom discussions, conduct a supportive conversation with a student who identifies as LGBTQ, and to identify when a student may be distressed and refer them to support.



### At-Risk for Students

This training is designed to prepare student leaders to: (1) recognize when a fellow student is exhibiting signs of psychological distress, and (2) manage a conversation with the goal of connecting them with the appropriate campus support service.



### Veterans on Campus: Peer to Peer

In this training student veterans learn to recognize when fellow student veterans are in distress, approach them, and refer to supportive resources. Veterans on Campus: Peer to Peer was developed with input from leading experts and student veterans.



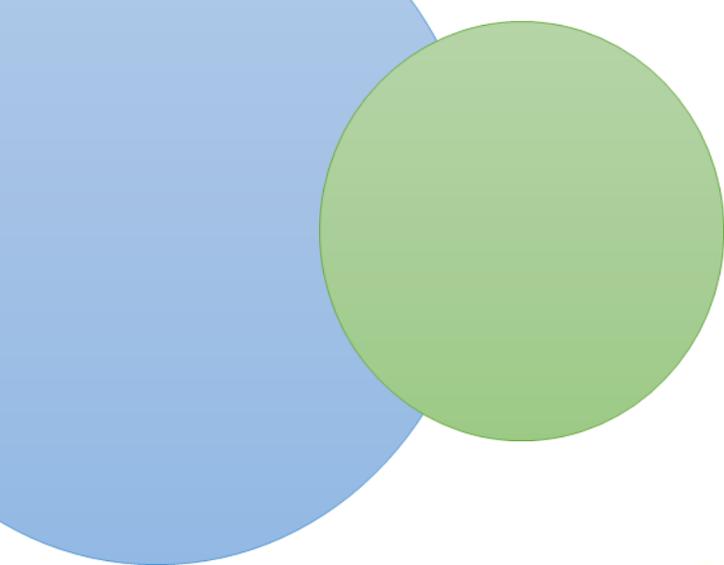
### LGBTQ on Campus for Students

This training aims to increase students' confidence and skill to address discriminatory language, respond supportively when a peer comes out, and connect fellow students with appropriate resources.



# Questions and Answers





activeminds  
*in* California

# What is Active Minds?

Active Minds empowers students to change the perception about mental health on college campuses.



# Partner with Active Minds



## For free...

- Create a Campus Chapter!
- Transform Your Campus
- Student Cohort: Applications DUE on October 6th
  - Mini-grants for students/campuses to get involved with Active Minds for Every Mind: a project to reach diverse audiences on campus
  - Does NOT have to be a current chapter
- Healthy Campus Award: Applications open on October 10th
- Follow us on social media for up-to-date, shareable mental health content

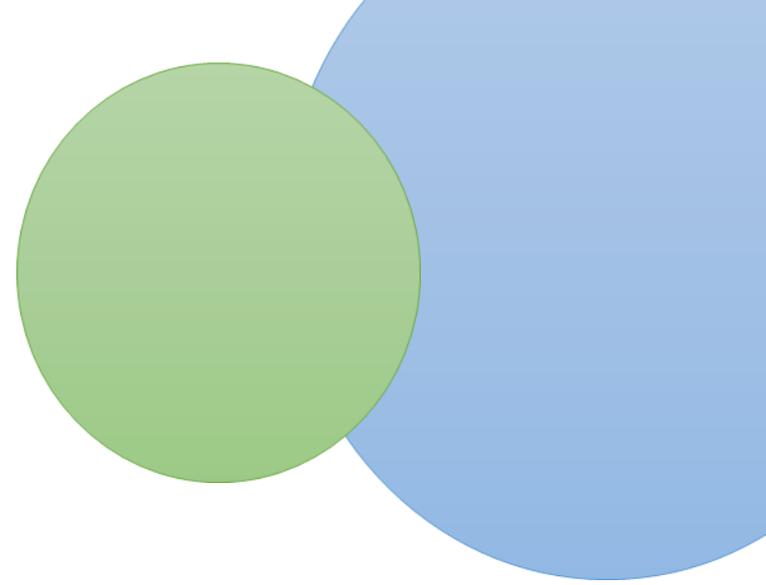
## For fee...

- Active Minds National Conference
  - The nation's largest conference focused on students and mental health
  - Nov. 3-5<sup>th</sup>, Washington DC
  - Options: Present, attend, sponsor students, etc.
- Send Silence Packing
  - Bring our nationally renowned suicide awareness display to your county.
  - Stay tuned for California Spring Tour Application Call!
- Active Minds Speakers Bureau
  - Book one of our highly trained mental health speakers

# Ashley, CSU Fullerton Orange County

*“I think this project allowed me to be more comfortable talking about mental health issues and telling people about the tangible work we are doing to combat stigma. People were fascinated with the work that the State of California is doing. This project created an interest in me to explore career options in public health research. We grew our [Active Minds leadership] board from 3 to 6 members within 6 months. We also nearly tripled our membership.”*





Becky Fein, MPH

[becky@activeminds.org](mailto:becky@activeminds.org)

California Statewide Program Manager

Based in Sonoma County





# Questions and Answers





## Each Mind Matters: Engaging Youth in California's Mental Health Movement

# 🎗️ Mini-Grantee Spotlight: NAMI San Diego



# 🎗️ Mini-Grantee Spotlight: University of Redlands



**EachMind MATTERS**  
California's Mental Health Movement

**Ed Hales Park**  
101 E. State St.  
Downtown  
Redlands

**FREE AND OPEN TO THE PUBLIC**

**Mental Health Information and Resource Fair & Family Friendly Activities**



**Friday, May 26<sup>th</sup>, 2017**  
**Out in the Open**

**5pm-9:30pm**

Join us for the 3rd annual community event,  
**Out in the Open!**

May is Mental Health Awareness Month and the University of Redlands' Alliance for Community Transformation and Wellness (ACTW) is pleased to be partnering with the City of Redlands to bring you our third annual Out in the Open event.

Join us for the May Movie in the Park, Sing, and learn more about mental health programs and resources in your community.



**#weallhavementalhealth**

Funded by counties through the voter approved -Mental Health Services Act (Prop 63).



# Mini-Grantee Spotlight: Valley Oak Children's Services



Café Conversations

1. Pick a Question
2. Have a conversation
3. Switch tables
4. Repeat 



 Materials Spotlight: Be True and Be You Booklet & #MillionsLikeMe Digital Album

**BE  
TRUE  
AND BE  
YOU**

A Basic  
Mental  
Health  
Guide for  
**LGBTQ+**  
Youth

 EachMind  
**MATTERS**  
California's Mental Health Movement

**#MillionsLikeMe**

**#MillionsLikeMe**  
Music for Mental Health

 EachMind  
**MATTERS**  
California's Mental Health Movement

Funded by counties through the voter-approved Mental Health Services Act (Prop. 63).

# New EMM Resource Center



[Initiatives](#)

[Collections](#)

[About Us](#)

[Contact Us](#)

[SEARCH RESOURCES](#)

Each Mind Matters is California's Mental Health Movement. We are millions of individuals and thousands of organizations working to advance mental health. Browse our initiatives, collections and resources to find tools you can use to improve mental health and equality in your community, prevent suicide and promote student mental health.

## Search Our Resources

**SEARCH**

[Advanced Search](#)

## Featured

### Suicide Prevention Week 2017 Toolkit

This toolkit focuses on men in the middle years.

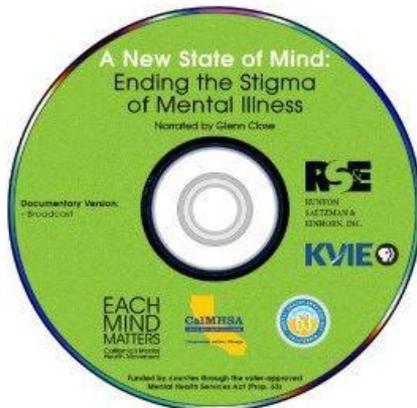
[Explore »](#)

[www.emmresourcecenter.org](http://www.emmresourcecenter.org)

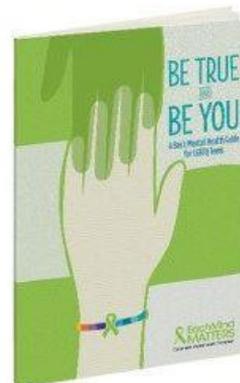
## Shop

The Each Mind Matters Shop provides promotional and educational materials for supporting California's Mental Health Movement. If you would like to order materials with a Purchase Order, please [review the Purchase Order Process](#). If you have any questions about your order or the Shop, please contact [Store@EachMindMatters.org](mailto:Store@EachMindMatters.org).

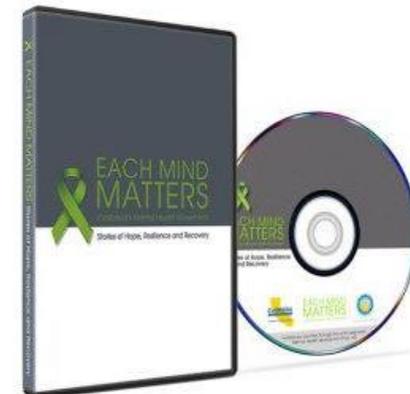
*Your purchase helps fight stigma in your community! All proceeds from the Each Mind Matters store go to support mental health outreach and education across California.*



**"A New State of Mind"**  
 Documentary DVD Toolkit



**"Be True and Be You"** Booklet for  
 LGBTQ Teens



**"Stories of Hope, Resilience and  
 Recovery"** Vignette DVD

# Upcoming Webinars

## Each Mind Matters 2017-18 Webinar Series

Join us for the 2017-18 **Each Mind Matters** webinar series. This series will provide a deeper understanding of mental health awareness, stigma and discrimination reduction, suicide prevention strategies, and available materials, with a special focus on learning from existing school and community-based efforts across the state.

Questions? Please email:

[info@eachmindmatters.org](mailto:info@eachmindmatters.org)

This webinar series is hosted by **Each Mind Matters: California's Mental Health Movement**, and is part of statewide efforts to prevent suicide, reduce stigma and discrimination related to mental illness, and to promote mental health and wellness. These initiatives are funded by counties with Prop 63 MHSAs through the California Mental Health Services Authority (CaLMHSA), an organization of county governments working to improve mental health outcomes for individuals, families, and communities.

### August 8, 2017:

1:00-2:00PM PST

**Suicide Prevention:** Men and Means

[emmresourcecenter.org/resources/suicide-prevention-skills-building-men-and-means](http://emmresourcecenter.org/resources/suicide-prevention-skills-building-men-and-means)

### September 12, 2017:

1:00-2:00PM PST

**Suicide Prevention:** Engaging Youth in Schools & Communities

[attendee.gotowebinar.com/register/6049936672722505219](http://attendee.gotowebinar.com/register/6049936672722505219)

### October 10, 2017:

1:00-2:00PM PST

**Each Mind Matters Resource Center 101:**

Free Online Mental Health Resources for Diverse Audiences

[attendee.gotowebinar.com/register/3023054828734266115](http://attendee.gotowebinar.com/register/3023054828734266115)

### February 13, 2018:

1:00-2:00PM PST (Spanish) & 2:00-3:00PM (English)

**Skills Building:** Engaging Latino Communities in SanaMente

Spanish: [attendee.gotowebinar.com/register/2280129115497206275](http://attendee.gotowebinar.com/register/2280129115497206275)

English: [attendee.gotowebinar.com/register/1598171322020318467](http://attendee.gotowebinar.com/register/1598171322020318467)

### March 13, 2018:

1:00-2:00PM PST

**Learning Exchange:**

Community Engagement for May is Mental Health Awareness Month

[attendee.gotowebinar.com/register/7333185489592972803](http://attendee.gotowebinar.com/register/7333185489592972803)



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View all previous **Each Mind Matters** webinars, presentations, and other resources at:

[EMMResourceCenter.org](http://EMMResourceCenter.org)



Funded by counties through the voter-approved Mental Health Services Act (Prop 63).



# Questions and Answers





# Get involved at eachmindmatters.org

[SanaMente.org](http://SanaMente.org)

[ElSuicidioEsPrevenible.org](http://ElSuicidioEsPrevenible.org)

[PonteEnMisZapatos.org](http://PonteEnMisZapatos.org)

[BuscaApoyo.org](http://BuscaApoyo.org)



[EachMindMatters.org](http://EachMindMatters.org)

[SpeakOurMinds.org](http://SpeakOurMinds.org)

[SuicideisPreventable.org](http://SuicideisPreventable.org)

[YourVoiceCounts.org](http://YourVoiceCounts.org)

[WalkinOurShoes.org](http://WalkinOurShoes.org)

[DirectingChange.org](http://DirectingChange.org)



Twitter: @eachmindmatters



Facebook.com/eachmindmatters



Instagram: eachmindmatters



Funded by counties through the voter-approved Mental Health Services Act (Prop. 63).

Mental Health

Stories

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Resources

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## Get Involved

We all have mental health, and our voices are amplified when we speak up together. California's Mental Health Movement grows stronger every day as millions of people and thousands of organizations are working to advance mental health. There are many ways to add your voice and strengthen the movement.



## Spread the Word

Learn more about the movement and get tools to help inform others.

[More](#)





Thank you!



California's Mental Health Movement