

# Mental Health Matters Day

AWARENESS. ACTION. CHANGE.

May 24, 2016 West Steps, Capitol Building • Sacramento, CA

## Join us as we celebrate Mental Health Month!

We believe passionately in the power of awareness, action and change to better the lives of those with mental health challenges. Speaking up about mental health is an essential part of battling stigma, and our voices are amplified when we speak up together. By hosting Mental Health Matters Day, we continue to strengthen our community and the movement towards ending stigma.

### Schedule

- 9:30 a.m. Welcome and Entertainment
- 10:30 a.m. Speaking Program
- 12:30 Food Truck Lunch Party with Entertainment

*Prepare for outdoor seating, bring folding chairs and picnic seating.*

### Keynote Speakers

**Yoshi Brown**, Poet/spoken word artist, mental health advocate, and author of *Black Daisy in a White Limousine* 77 Poems. Founder of People of Poetry (POP); lived experience with severe bipolar.

**Scott Budnick**, Founder and President of the Anti-Recidivism Coalition and executive producer of *THE HANGOVER* series.

**Paul Gilmartin**, Former TV host (TBS' *Dinner and a Movie*), stand-up comedian (Comedy Central Presents) and host of the *Mental Illness Happy Hour*

**Katie Williams**, Katherine "Katie" Williams, MSW, Mental Health Advocate, Person with Lived Experience

### Live Entertainment

**DJ Annointed** and Hip-Hop Artist **Phonetic**, sharing his story and performing his single "Killing The Stigma."



### Sponsors



### Partners



**Contact:** [info@mhac.org](mailto:info@mhac.org)

Reasonable accommodation will be provided for any individual with a disability. Pursuant to the Rehabilitation Act of 1973 and the Americans with Disabilities Act of 1990, any individual with a disability who requires reasonable accommodation to attend or participate in a meeting or function of the board may request assistance by contacting [info@MHAC.org](mailto:info@MHAC.org).