Help your community to be physically and psychologically healthy.

Start a conversation.
Show empathy.
Provide support.

SACRAMENTO
COUNTY

StopStigmaSacramento.org

PSYCHOLOGICAL HEALTH SUPPORTS OVERALL HEALTH

In Sacramento County, 1 in 5 people are living with psychological conditions. They impact every ethnic, racial, economic, religious and age group and can be caused by stressful or traumatic experiences. Sadly, many struggle silently and alone because fear of judgment and shame often prevents people from seeking help.

We can all do our part to change how we think about, and treat people living with psychological conditions.

Reduce shame and encourage happiness in our community:

Learn the facts about psychological health. Conditions like anxiety or stress won't go down if ignored.

Start a conversation. One kind word, one thoughtful question, one trusted friend can mean the world to someone who is in distress and improve their quality of life.

Support whole-person health. By eating well, exercising, and maintaining balance, it's possible to support both mind and body.

Seek support for yourself or friends and family who may be experiencing psychological health concerns. Confidential community resources and interpreters are available.

Visit StopStigmaSacramento.org to learn more and get involved.

Call 211 to be referred to culturally competent, recovery-focused mental health services.

SACRAMENTO COUNTY

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