



Los Angeles County DMH, Continuum of Care Reform Division

Trauma/Resilience Tip of the Week:



Breaking the Stigma of Mental Health

According to NAMI one in five Americans is affected by mental health conditions. The stigma and resulting shame around mental health are often determining factors in a person's decision to not open up and seek help. May is Mental Health Awareness Month and an opportunity for us to play our role in bringing awareness to those who do not understand and may even discriminate individuals with mental health conditions.



With awareness we can provide the youth, families, and communities we engage with help with reducing the stigma of mental health and seeking mental health services.

- Visit NAMI website for suggestions on how to break the stigma of mental health (https://www.nami.org/stigmfree?utm_source=awareness&utm_medium=website&utm_campaign=intoMH)