

MAY MENTAL HEALTH MONTH

Take Action for Mental Health.

Join us for May Mental Health Month events.

<https://prevention.marinbhrs.org/may-mental-health-month-2023>



- **Tuesday May 2, 2023 at 11:00 am. Board of Supervisor Meeting.** Marin County Suicide Prevention Collaborative presents a Resolution for May Mental Health Month. Location: Board of Supervisors Chambers, Room 330, Civic Center, San Rafael. [Access meeting here.](#)
- **Wednesday May 3, 2023 from 2:00-3:00 pm. Marin County Suicide Prevention Collaborative.** Virtual. May Mental Health month campaigns, digital story telling, community speakers and Youth Action Team report out, and more! [Register here.](#)
- **Wednesday May 3, 2023 from 7:00-8:30 pm. Let's Talk Community Discussion - Mental Health and Underage Substance Youth.** Marin Healthy Youth Partnerships. A Marin student will join Dr. Emily Tejani to discuss how youth mental health impacts substance use and what adults can do to help young people. [Register here.](#)
- **Thursday May 4, 2023 from 10:00-11:30 am. Peer Coffee Talk: A Hybrid Event.** An opportunity for peer support and a chance to chat with peer professionals. Location: The Empowerment Clubhouse, 441 Drake Avenue, Marin City. [Register here.](#)
- **Saturday May 6, 2023 from 9:30 am-2:00 pm. A Youth Wellness Festival.** Hosted by the Marin County Youth Commission and partners: Marin 9 to 25, the Marin County Suicide Prevention Collaborative. Location: Terra Linda High School, 320 Nova Albion Way, San Rafael. [Visit here for more details!](#)
- **Tuesday May 9, 2023 from 4:00-5:00 pm. Real Talk Matters: Fighting Fentanyl and Its Impact on Mental Health.** Hosted by OD Free Marin during National Fentanyl Awareness Day. [Register here.](#)
- **Wednesday May 10, 2023 from 8:30 am-5:00 pm. Mental Health First Aid.** Adult. In-person. Location: Mt. Tam Room, 20 North San Pedro Rd., San Rafael. [Register here.](#)
- **Thursday May 11, 2023 at 6:00 pm. Let's Talk about Suicide Prevention.** Hosted by: North Marin Community Services. Location: 1907 Novato Blvd, Novato, CA. Presented in Spanish. To register, please contact: Silvia Albuja at 707-408-3657.
- **Saturday May 13, 2023. Buckelew Programs Bike for Mental Health.** Location: Miwok Meadows, China Camp, Marin County. [Register here.](#)
- **Tuesday May 16 from 3:00-4:00 pm. American Foundation for Suicide Prevention (AFSP) Talk Saves Lives: LGBTQ+.** Hosted with the Marin County Office of Education. This foundation suicide prevention training addresses the facts of suicide and the unique impacts on LGBTQ+ populations. [Register here.](#)
- **Wednesday May 17 from 8:30-5:00 pm. Mental Health First Aid Training.** Marin County-BHRS. Adult. In-person. Location: Empowerment Clubhouse, Main Room, 441 Drake Ave, Sausalito. [Register here.](#)
- **Saturday May 20, 2023 from 8:30-5:00 pm. Mental Health First Aid Training.** Adult. In-person. Presented in Spanish. Location: Pt. Reyes Conference Room, 20 N. San Pedro Rd., San Rafael. [Register here.](#)
- **Saturday May 20 from 8:30-5:00 pm. Mental Health First Aid Training.** Youth. Presented in Spanish. In-person. Location: Bolinas Fire Station, Community Room, 100 Mesa Rd. Bolinas. [Register here.](#)
- **Monday May 22, 2023 from 4:00-5:00 pm. The Power of Story Telling on Mental Health.** Hosted by: NAMI-Marine and Opening the World. A panel discussion in honor of mental health awareness month focused on the healing power of storytelling. [Register here.](#)
- **May 23, 2023 from 10:00-11:30am. Peer Support: Introduction to the Practice and Model.** Community members will also get a chance to ask questions and find out how they can start their career as a Peer Support Specialist. Hybrid. Location: Empowerment Clubhouse, 441 Drake Avenue, Marin City. [Register here.](#)



If you have any questions about May Mental Health Month events, please contact BHRSPreventionandOutreach@MarinCounty.org

If you are concerned for yourself or someone else contact:

The Suicide Crisis & Lifeline at 988 or the Crisis Text Line by texting MARIN to 741741.

For mental health or substance use services, contact: Marin County BHRS Access Line at (888) 818-1115.