

Hope & Help.

988 SUICIDE & CRISIS  
LIFELINE

Call. Text. Chat. 24/7



# MAY MENTAL HEALTH MONTH



Mental health challenges affect **1 out of 6** adults in CA. Join us to create a stigma free Marin.

**EVENTS**

Marin County Behavioral Health & Recovery Services (BHRS) is spreading awareness for better mental health and well-being in our County. Together, we can create an inclusive and accepting community that is free of mental health stigma. If you are concerned for yourself or someone you know, there is hope and help with 988.

**LEARN MORE**



# Drew Robinson

**A Survivor's Story of Mental Health, Hope, & Recovery**

May 09 @5pm  
College of Marin

**REGISTER**

## One Stride at a Time

**5K for Hope, Help, and Recovery**

May 18 @9am  
McInnis Park

**REGISTER**



## Honoring Stories

**Transforming Minds with Living Arts Playback Theater**

May 21 @5pm  
Homeward Bound

**REGISTER**



Register for May Mental Health Events at  
**[Prevention.MarinBHRS.org/MMHM2024](https://Prevention.MarinBHRS.org/MMHM2024)**

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