

Memo

To: All County Employees and Residents
From: Alameda County Behavioral Health Department
Date: October 6 2024
Subject: Recognizing Mental Illness Awareness Week

Dear Colleagues and Community Members,

Alameda County Behavioral Health Department (ACBHD) is honored to recognize Mental Illness Awareness Week, which occurs from October 6-12. This week-long observance exhibits our ongoing efforts to uplift conversations about mental health in our community.



History of Mental Illness Awareness Week

Mental Illness Awareness Week was established in 1990 by the U.S. Congress in recognition of the efforts of the National Alliance on Mental Illness (NAMI) to educate and increase awareness about mental illness. Mental Health Awareness Week is celebrated through community events, educational sessions, and National media campaigns. This week coincides with World Mental Health Day (October 10th) and amplifies the global conversation about mental health.

Since its inception, Mental Illness Awareness Week has been a significant national event, bringing together mental health organizations, healthcare providers, and advocates to promote mental health awareness and support.

ACBHD's Commitment

Alameda County Behavioral Health Department will show its support of Mental Illness Awareness Week by:

1. Hosting daily virtual and in-person educational workshops on various mental health topics
2. Offering free, confidential mental health screenings at community health centers
3. Partnering with local organizations to expand access to mental health resources
4. Launching a comprehensive social media campaign to share information, reduce stigma, and promote mental health resources

We encourage all community members to participate in these initiatives and to take this opportunity to learn more about mental health, its impact, and the resources available for support and treatment.

Remember, mental illness is common and treatable. If you or someone you know is struggling with mental health issues, please reach out for help. Our department is here to provide support and connect you with appropriate resources.

Key events during Mental Illness Awareness Week include:

- October 7: Depression and Anxiety Awareness Day
- October 8: Substance Use Disorder Awareness Day
- October 9: Trauma and PTSD Awareness Day
- October 10: World Mental Health Day - Focus on Suicide Prevention
- October 11: Bipolar Disorder and Schizophrenia Awareness Day

For more information about our Mental Illness Awareness Week activities or to access mental health resources, please visit our website <https://www.acbhcs.org/> or contact our office at **1 (800) 491-9099**.