



# Alameda County Behavioral Health Department Mental Health Awareness Month (May 2026)



## **Introduction**

The Alameda County Behavioral Health Department (ACBHD) recognizes Mental Health Awareness Month, a time dedicated to raising awareness about mental health conditions and reducing the stigma associated with mental illness.

## ***Importance of the Month***

### **Mental Health Awareness Month is significant for:**

1. Promoting understanding of mental health conditions
2. Reducing stigma around seeking help
3. Highlighting available resources and support systems
4. Advocating for improved mental health policies and services

## **History**

Established in 1949 by Mental Health America, this observance has grown into a national movement to fight stigma, provide support, educate the public, and advocate for policies that support people with mental illness and their families. Misconceptions about Mental Health can have negative consequences, including people suffering in silence and deciding not to seek treatment to address their needs. Mental Health Awareness Month aims to improve the collective understanding and importance of Mental Health services.



## **ACBHD's Commitment**

*The Alameda County Behavioral Health Department is dedicated to:*

- Providing accessible, quality mental health services
- Promoting early intervention and prevention
- Reducing disparities in mental health care
- Supporting recovery and mental wellness for all community members

We reaffirm our commitment to supporting mental health and well-being for all.

## *Historical References*

- [The Inspiring History of Mental Health Awareness Month](#)

## *Books*

- [25 best mental health books to read in 2026 - Pan Macmillan](#)
- [9 Must Reads Mental Health Books to Transform Your Mindset in 2026](#)
- [Mental Health Awareness Month 2026: Programs and Reading for Wellbeing-Livingston Public Library](#)

## *Movies/Documentaries*

- [Top 7 Documentaries on Men's Health: Must-Watch Films for Awareness](#)
- [Asian American Mental Health Documentaries & Movies – Erasing Shame](#)
- [I AM: Breaking the Silence on Mental Health | I AM: Stigmas | PBS](#)

## *Articles*

- [2026 Mental Health Mental Health Action Guide](#)
- [Nature Mental Health Articles](#)
- [Pacific Islander and Native Hawaiian Mental Health — Anise Health](#)
- [Mental Health Awareness Month | A Reading List | Library Journal](#)

## *Local Events*

- [City of Berkeley Mental Health Awareness Month Event Tickets](#)
- [Mental Health Awareness & Behavioral Health Community Heroes Awards](#)
- [Mental Health Awareness Networking Event](#)
- [Alameda Behavioral Health Department-Engaging African American Men in Mental Healthcare](#)



## Resources

- **Mobile Crisis Team: 510-891-5600, M-F 8:00 am – 6:00 pm**
- [988 Lifeline - Emotional Support and Mental Health Hotline](#)
- [Acute & Crisis Services – Alameda County Behavioral Health](#)
- [Substance Use Abuse and Mental Health Services Administration](#)
- [Find a Therapist with Grow Therapy | Virtual & In-Person Therapy](#)
- [24-Hour Crisis Line - Crisis Support Services of Alameda County](#)
- [LGBTQ+ Communities and Mental Health | Mental Health America](#)
- [Mental Health | Walters Wellness Group | Bay Area | Pinole](#)
- [THUG Therapy](#)