

Be Sensitive, Be Brave for Mental Health

A Foundational Guide to Mental Health and Mental Illness

Be Sensitive, Be Brave for Mental Health (BSBB: MH) provides foundational information about mental health and mental illness, and prepares community members to help friends and loved ones during times of distress. Participants will learn how to recognize mental illness, what to do when someone needs support, and tools for maintaining good mental health and preventing mental illness. Diversity considerations will be discussed throughout the workshop as we discuss how mental health challenges may look different across cultures.

BSBB: MH Workshop Goals

- ✓ Learn how to identify when you or someone you know is in **mental distress**
- ✓ Practice being **sensitive** and **brave** in helping others
- ✓ Increase awareness of mental health **resources**
- ✓ Learn how to prevent mental illness by using a **recipe** for mental health
- ✓ Build **cultural sensitivity** around mental illness
- ✓ Increase community responsiveness and decrease stigma



For more information or to request a training, please contact:
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COUNTY OF SANTA CLARA
Behavioral Health Services
Supporting Wellness and Recovery

