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FOR IMMEDIATE RELEASE

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**Mental Health America of San Diego County**  
*Celebrates May is Mental Wellness Awareness Month*

Join Us for our Mental Health First Aid Alumni Reception  
May 27, 2022  
12:00 pm - 1:00 pm

San Diego, CA. – On May 27, 2022, Mental Health America of San Diego will host its largest virtual event to commemorate Mental Wellness Awareness Month. During this event, Mental Health First Aid San Diego will highlight five local organizations for 2021/2022 for supporting their staff, clients and community and making this highly beneficial training a part of their program to meet the needs of the communities they serve.

Since 2015, Mental Health America of San Diego County has brought Mental Health First Aid (MHFA) trainings throughout all regions of San Diego County. This groundbreaking skills-based course teaches people how to identify, understand and respond to signs and symptoms of mental health or substance use challenges. Like physical First Aid and CPR, Mental Health First Aid helps you assist someone experiencing a crisis until professional assistance is obtained or the crisis is resolved.

One in five Americans, have experienced mental illness, and the pandemic has dramatically increased depression and anxiety, but many are reluctant to seek help or don't know where to turn for care. Unlike physical conditions, symptoms of mental health and substance use challenges can be difficult to see. Friends and family members may find it hard to know when and how to step in. As a result, those in need of mental health services often do not receive care until it is too late.

San Diego has the largest community of certified mental health first aid responders since Mental Health America of San Diego County was awarded a HHS grant to provide free certification trainings on Mental Health First Aid. From local organizations, schools' colleges and universities, local city and county governments, tribal and rural communities, first responders, fire and rescue, police departments – Mental Health First Aid San Diego has been there to provide this beneficial tool.

Join us on May 27, 2022, to celebrate Mental Wellness Awareness Month and honor our MHFA Responders and organizations. For more information, please contact us at (619) 543-0412 x114.

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A DECADE OF HEALTHY, SAFE AND THRIVING COMMUNITIES