Mental Health Matters Day

AWARENESS. ACTION. CHANGE.

May 24, 2016 West Steps, Capitol Building • Sacramento, CA

Join us as we celebrate Mental Health Month!

We believe passionately in the power of awareness, action and change to better the lives of those with mental health challenges. Speaking up about mental health is an essential part of battling stigma, and our voices are amplified when we speak up together. By hosting Mental Health Matters Day, we continue to strengthen our community and the movement towards ending stigma.

Schedule

9:30 a.m. Welcome and Entertainment

10:30 a.m. Speaking Program

12:30 Food Truck Lunch Party with Entertainment

Prepare for outdoor seating, bring folding chairs and picnic seating.

Keynote Speakers

Yashi Brown, Poet/spoken word artist, mental health advocate, and author of Black Daisy in a White Limousine 77 Poems. Founder of People of Poetry (POP); lived experience with severe bipolar.

Scott Budnick, Founder and President of the Anti-Recidivism Coalition and executive producer of THE HANGOVER series.

Paul Gilmartin, Former TV host (TBS' Dinner and a Movie), stand-up comedian (Comedy Central Presents) and host of the Mental Illness Happy Hour

Katie Williams, Katherine "Katie" Williams, MSW, Mental Health Advocate, Person with Lived Experience

Live Entertainment

Joseph One is a charismatic DJ out of Sacramento, CA with years of experience performing on stage.
DJ Anointed and Hip-Hop Artist **Phonetic,** sharing his story and performing his single "Killing The Stigma."

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Contact: info@mhac.org

www.MentalHealthMattersDay.org