Mental Health is Health

Celebrate Mental Health Awareness Month in May with Beach Cities Health District!

Mental health is an important part of overall health and well-being. We all have mental health and need to take care of it just like we take care of our physical health. Prioritize your mental health today.

Check in
take care of your mind and body

Get support
for yourself or someone you care about

Attend an event
learn more about mental health

Visit **bchd.org/mentalhealthawareness** for the calendar of community events, resources and healthy living tips. Follow and tag us on social media to support **#BeachCitiesMentalHealth.**

BCHD Beach Cities Health District
A Public Agency

TAKE ACTION FOR MENTAL HEALTH LA COUNTY

LOS ANGELES COUNTY DEPARTMENT OF MENTAL HEALTH
hope. recovery. wellbeing.

MENTAL HEALTH SERVICES ACT 63 CALIFORNIA
WELLNESS · RECOVERY · RESILIENCE

ASSEMBLYMEMBER Al Muratsuchi DISTRICT 66

HOLLY J. MITCHELL
LOS ANGELES COUNTY SUPERVISOR ● 2ND DISTRICT

HB

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HERMOSA BEACH CITY SCHOOL DISTRICT

MBUSD

REDONDO BEACH UNIFIED SCHOOL DISTRICT

HB HERMOSA BEACH Chamber of Commerce and Visitors Bureau

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