



It's Up to Us[®]

to Create a Healthy & Supportive Riverside



Mental Health Matters!

Together we can spread awareness about the importance of mental health. Show your support and join the movement!

Read Up: What is mental health?

A variety of factors contribute to our feelings of wellness, including our physical, mental and emotional health. When we are in a good state of mental health, we are productive and adapt well to change and adversity. We might not feel blissfully happy, but we are able to handle life's ups and downs with reasonable ease. When we lose the ability to handle life's challenges effectively and with good perspective, a mental health disorder might be the root of the problem and needs attention. There are many kinds of mental health disorders, including depression, anxiety disorders, schizophrenia, bipolar and others. While we don't know all the causes, we do know that they are real and treatable medical conditions, equally as important to address as physical ailments.

For more information visit: www.Up2Riverside.org

Open Up:

It's time we open up and change our perceptions of mental illness.



Mental health challenges are very common and can impact people just like you. In fact, 50% of us will experience a mental health challenge in our lifetime. Unfortunately, there are many misperceptions about mental illness and the people experiencing them. Research shows that many people do not reach out for support for reasons such as shame or out of

fear of being treated differently and unfairly.

The truth is, people recover from mental illness all the time. With support and treatment, between 70% and 90% of individuals report reduced symptoms and improved quality of life. But they can't do it without support from family, friends and their communities. Open up and talk openly about mental illness.

Speak Up: You can make a difference.

Lime green is building momentum as California's color for mental health awareness. Wearing the lime green ribbon is a great way to open an honest dialogue with friends, family, classmates and coworkers about mental health. And it's an easy way to show your support.



Link Up: Help is available.



For more information or a list of mental health resources, visit:

Up2Riverside.org

If you or someone you care about is in an emotional crisis or needs help, call the HELPLine:

**(951) 686-HELP or
(951) 686-4357**

