



May is Mental Health Awareness Month

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In case of an Emergency:

- 911 For Immediate Support
- Ventura County Crisis Team (866) 998-2243 –(24 hours)

Did you know?

Mental Health Awareness Month was established in 1949 to increase awareness of the importance of mental health and wellness in Americans’ lives and to celebrate recovery from mental illness. For the past 20 years, the Substance Abuse and Mental Health Services Administration (SAMHSA) has recognized Mental Health Awareness Month (MHAM) every May to increase awareness about the vital role mental health plays in our overall health and well-being.

Mental Health Myths and Facts

Myth: Mental health issues can’t affect me.

Fact: Mental health issues can affect anyone. In 2020, about:

- One in 5 American adults experienced a mental health condition in a given year
- One in 6 young people have experienced a major depressive episode
- One in 20 Americans have lived with a serious mental illness, such as schizophrenia, bipolar disorder, or major depression
- Additionally, suicide is a leading cause of death in the United States. In fact, it was the second leading cause of death for people ages 10-24. Suicide has accounted for the loss of more than 45,979 American lives in 2020, nearly double the number of lives lost to homicide.

Myth: There is no hope for people with mental health issues. Once a friend or family member develops a mental health condition, they will never recover.

Fact: Studies show that people with mental health conditions get better and many are on a path to recovery. Recovery refers to the process in which people can live, work, learn, and participate fully in their communities. There are more treatments, services, and community support systems than ever before, and they work:

[Disorders](#)

[Treatment](#)

[Prevention](#)

[Recovery](#)

More information found at <https://www.samhsa.gov/programs/mental-health-awareness-month> and <https://www.samhsa.gov/mental-health/myths-and-facts>

