



This newsletter is brought to you by the Mental Health Counselors:

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In case of an Emergency:

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

MENTAL HEALTH MATTERS
#ENDTHESTIGMA

World Bipolar Day Is March 30th. Here's How to Get Involved

- World Bipolar Day is celebrated every year on March 30.
- There may be special events for World Bipolar Day.
- The ribbon to raise awareness for bipolar disorder is black-and-white striped.
- You can get involved in a variety of ways.

World Bipolar Day is celebrated globally every year on March 30. It aims to bring awareness to bipolar disorder.

March 30 was chosen as the date for World Bipolar Day because it's Vincent van Gogh's birthday. The famous painter is believed to have had bipolar disorder.

As more people learn about and understand bipolar disorder, it can help reduce the stigma surrounding mental illness.

In support of this goal, there are many ways you can celebrate World Bipolar Day — and the people who live with this condition.

Talk about it

Talking about mental health plays a big role in reducing stigma around it. We've made great progress, but there's still more work to do.

Talk often and openly about bipolar disorder and this day of awareness.

Full article found at <https://www.healthline.com/health/bipolar-disorder/world-bipolar-day#go-to-events>

EXCITING NEWS!!

The California Department of Health Care Services launched the Behavioral Health Virtual Services Platform featuring two free apps: BrightLife Kids for children ages 0-12, and Soluna for youth and young adults ages 13-25, offering a range of digital tools, resources, and virtual services. These apps provide equitable and timely behavioral health support to all families in California, free of charge.

Learn more about how these apps can support the emotional health and well-being of your family at www.calhope.org.