

## May: Mental Health Awareness Month

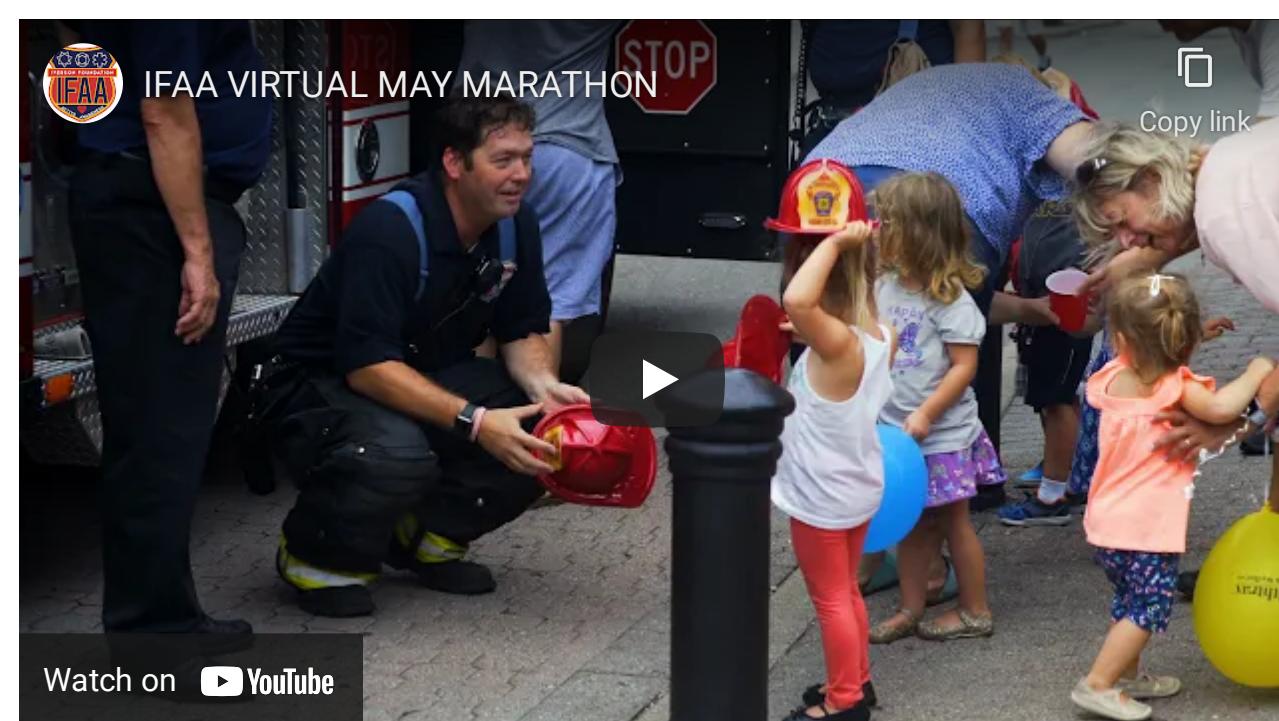
May is a time to raise awareness about behavioral health challenges and help fight stigma, educate the public, and offer support to friends, family, and loved ones. The Fire Captain Ryan J. Mitchell's First Responders Behavioral Health Support Program helps fight mental health stigma by educating the First Responder Community on how to reduce stigma and increase access to behavioral health services by offering free in-person and Zoom presentations to all San Diego County First Responders.

### MAY MENTAL HEALTH AWARENESS ACTIVITIES



Join the Iverson Foundation for Active Awareness to fundraise for the VIRTUAL MAY MARATHON. Virtually share your experience, take photos and videos of your activity. Share with others on your social media networks by tagging @iversonfaa and using #breakthestigma on Facebook and Instagram.

[Learn More](#)



### Training to Reduce Stigma within the First Responder Community

Mental Health is a top priority in the First Responder community. First Responders are at a greater risk for experiencing symptoms of depression and anxiety due to repeated exposure to trauma. Many First Responders are hesitant to seek help because of the stigma surrounding mental health.

Our staff provides free in-person and Zoom presentations to educate first responders about stigma, recognize its negative impact, and provide tools on how to reduce stigma within ones department. Contact us today to request an in-person or Zoom presentation.



[Request More Information](#)

### Resource of the Month



The Phoenix is a nonprofit organization that fosters a free sober active community for individuals recovering from substance use and those who choose to live a sober life. Since launching programs in Colorado in 2006, more than 42,000 people have participated in Phoenix programs. The Phoenix now offers programming in San Diego, including CrossFit, Sound Healing/Yoga, Boot Camps and more! The Phoenix also offers monthly Beach Socials and Hiking events. By leveraging the intrinsic power of physical activity and social connection, team members build confidence and find the support they need to live productive and fulfilling lives in recovery. The Phoenix events are free to anyone with at least 48 hours of continuous sobriety. Phoenix instructors are either in recovery themselves or supporters with a strong tie to the mission and a desire to make a difference. The Phoenix helps individuals rise from the ashes of addiction and pursue lives full of hope. For programming, follow The Phoenix in San Diego on Facebook or visit [www.thephoenix.org](http://www.thephoenix.org) to find a local class.

[Learn More](#)



To learn more about resources, stress reduction techniques, and how to reduce stigma, check out our resources page!

[Resources](#)



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