



Drop-in Copy and General Information

Resource Fair

Presented by the Riverside County Behavioral Health Commission
and
Riverside University Health System – Behavioral Health

Date of Event - Thursday, May 25, 2017

The **Riverside County Behavioral Health Commission** and **Riverside University Health System – Behavioral Health** will present their annual **Resource Fair** at **Fairmount Park in Riverside** on **Thursday, May 25th**, from **1:00 to 5:00 pm**. **Fairmount Park** is located at **2601 Fairmount Boulevard**, near the intersection of Route 60 and Market Street. Ample free parking is available. RTA bus service is available at the corner of Market and Locust streets using Route 29. The event is free and open to the public. All are welcome to attend.

The Resource Fair is a part of a month-long observance of **May is Mental Health Month**, which is a national awareness campaign that began in 1949 to promote a greater understanding of mental health. With an expanded array of community organizations and providers on board for 2017, this year's Resource Fair event promises to be informative, inspiring and fun.

Activities include free health screenings, music and entertainment, and a Kids Zone. Representatives from community organizations and County programs will be available to provide information about mental health and substance use programs.

In addition, various cities across Riverside County will be recognizing the importance of mental health awareness during May and will be promoting the Resource Fair through the issuance of proclamations and other official action.

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Facts about Mental Health

- Mental illness can impact anyone, regardless of age, background, employment, education and income level.
- Mental illnesses are not the result of personal weakness, lack of character or poor upbringing.
- Mental illness usually strikes individuals in the prime of their lives, often during adolescence and young adulthood. All ages are susceptible, but the young and the old are especially vulnerable.
- Approximately 1 in 5 adults in the U.S - 43.8 million people - experiences mental illness in a given year.
- The United States Department of Health and Human Services reports that one in five American adults experienced a mental health issue in 2014 and one in ten young people experienced a period of major depression.
- Half of all mental health disorders show first signs before a person turns 14 years old and three quarters of mental health disorders begin before age 24.
- Depression in elderly people often goes untreated because many people think that depression is a normal part of aging and a natural reaction to chronic illness, loss and social transition.
- There are now more treatments, services, and community support systems than ever before, helping many with mental health conditions get better and recover completely to go forward and lead rich, fulfilling, productive lives.
- An estimated 26% of homeless adults staying in shelters live with serious mental illness and an estimated 46% live with severe mental illness and/or substance use disorders.

<p>Sources: Riverside University Health System – Behavioral Health, rcdmh.org , National Alliance on Mental Illness, nami.org , Mental Health Myths and Facts, mental health.gov . For more information, visit rcdmh.org and riverside.networkofcare.org.</p>
