



Fifty percent of us will experience a mental health challenge in our lifetime. With treatment, 70 to 90 percent of individuals can significantly reduce their symptoms and improve their quality of life. However, the stigma surrounding mental illness leads the majority of those living with mental health challenges to avoid treatment or delay treatment for decades.

As you read this, you can probably think of a friend or family member who has faced depression, anxiety, or other mental illness in their lives, or identify a time in your own life when you faced a mental health challenge. Despite its prevalence, mental health has been forced into the shadows by stigma and discrimination.

This year, Californians are speaking up. If mental health challenges have impacted your life or the life of someone you love, please consider joining us in Sacramento **on May 24th** to promote resilience and hope and combat stigma.

Mental Health America of California and other advocacy, provider and government organizations have joined efforts to host **MENTAL HEALTH MATTERS DAY** on the West Steps of the State Capitol. The event will start at 9:30 a.m. on Tuesday, May 24th.

We are currently **seeking sponsors and exhibitors** to support Mental Health Matters Day. As an integral part of California, we would love the opportunity to partner with you to help **spread the message** of this important cause. I invite you to consider one of the various sponsorship levels attached. Sponsorship benefits may include: recognition on signage and throughout the day, collateral such green ribbons, and exhibit space.

Please consider supporting the event through this valuable sponsorship. We also are looking for interactive booth presence. To sponsor, simply email info@mhac.org with "MHMD Sponsorship" in the subject line.

Thank you for your consideration



Mental Health Matters Day 2016 is a project of Mental Health America of California, a nonprofit 501 C 3 Organization, Federal Tax ID #94-1393424