



Spring 2020

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# NAMI TALKS Ventura County

## From Classrooms to Class Zooms

**Kimberly Quinn**  
Program Coordinator

The last month has been extraordinary, to say the least.

Like everyone else, my life has been turned upside-down by the COVID-19 pandemic. I suppose I'm lucky to say I've never lived through anything quite like what we are experiencing right now. Over the past several weeks I've felt waves of confusion, fear, anxiety and frustration.

Right now, though, I am feeling something unexpected: excitement.

The shelter-at-home order and social distancing guidelines have opened up a huge opportunity to expand, and improve, how NAMI Ventura County delivers its services. Up until now, our affiliate has relied solely on physical classrooms. That, of course, has its limitations.

There are certainly people out there who want to participate in classes or presentation but don't have transportation. Some don't drive at night. Others have mobility challenges or can't get childcare. Sometimes, on our side, it can be difficult to find volunteers or staff available in certain parts of the county. Necessary driving time to get from place to place within the county bites into all of our time.

The internet is about to change all of that for NAMI Ventura County.

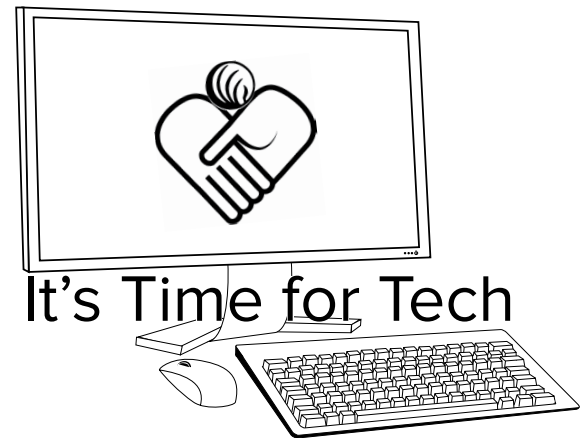
The COVID-19 pandemic is not the way I would have chosen to launch our programs virtually but here we are. NAMI Ventura County is taking lemons and is about to start making lemonade. By the time you see this column, our educational classes, support groups and presentations will be back up and running in virtual spaces.

NAMI Ventura County is not the first NAMI affiliate in California to adopt and use platforms like Zoom and GoToMeeting. Several have been using virtual classrooms for some time, especially for support groups. We are connecting with them to use their expertise and experiences as guidance as we launch this new adventure.

And, it really is an adventure. In the past few weeks, I've learned more about the amazing capabilities of these software platforms than I ever expected. I'm a big fan of tackling problems with creativity and expanding my knowledge. As stressful as this pandemic has been, that aspect has actually been, well, fun.

Not everyone has found it as fun as I do. The new and the unknown can be scary. I'm married to an IT professional, so I'm fully aware of how computer and internet technology can be intimidating. I am painfully aware that some consider themselves allergic to emerging technologies.

My biggest goal as we move forward is to make this technology as accessible as possible for every person who comes to NAMI Ventura County for our education,



### It's Time for Tech

support and advocacy programs. Believe it or not, even you (the person reading this with the narrowed eyes and heavy doubts) can learn and love, or at least not hate, virtual learning.

To get all of us started, I'm going to answer a few basic frequently asked questions.

**What am I going to need?** There are several different options in terms of what you can use for these platforms. You can use an internet-enabled computer (PC or Mac) with or without a webcam and a microphone. You could also log in using a free app downloaded to your internet-enabled smartphone (Android or Apple). You can also simply call into the meeting, from any type of phone, to listen and participate by audio only.

**How much will it cost me?** The platform app is free to participants whether you download it to your computer or smartphone. There is no cost associated with participating through the platform for our classes. Should you participate through your smartphone, please double check that you won't be exceeding the limitations of your data plan or that your phone is connected to wi-fi before you check into the class.

See *TECH*, Page 9

# Looking Back & Looking Ahead

In just a short period of time, the Coronavirus pandemic has changed our world and how we function on a daily basis. It is my wish that as each of us do our part, we will be safe and help to keep our family, neighbors and essential workers safe. The phrase ‘thank you’ is not enough to express gratitude for all that our frontline workers who are risking their lives to care for us and keep us safe.

NAMI Ventura County is doing our part. We have transitioned to working remotely until further notice. Our classes, support groups and other programs are going virtual as we continue to provide vital services to families whose loved ones need this support more than ever.

### Looking Back on 2019

**Remember this number:** 6830. This is the number of lives in our community that NAMI Ventura County reached out to and touched through our Resource Line, education programs, community outreach and school-based programs. This while making a major office move and gearing up our staffing to support and sustain our efforts now and into the future. This was made possible by over 9,600 volunteer hours donated by our amazing family of volunteers.

**Office Move:** In January, we moved to our new location at 555 Airport Way and completed office renovations. With the help and support of generous volunteers, we put together a first class office which will meet our needs now and well into the future. For the first time in our 30+ year history, we have space to hold classes as well as host our monthly general membership meetings and other gatherings important to meeting our mission of supporting families and their loved ones who suffer from mental illness.

**Staffing and Technology:** We welcomed a full complement of staff necessary to support our priorities of delivering our education classes, peer and family support groups, resource line and community outreach. In support of our program administrator we welcomed an amazing program coordinator and office administrator. In addition, our team leader and face of NAMI Ventura County is now a Director of Operations and Community Outreach. We brushed off the rust and updated our office computers and other technology to take us through the coming years.

**Community Advocacy Forum:** NAMI California selected our affiliate to host a very successful community advocacy forum

consisting of key community leaders. Our Sheriff, board supervisor, behavioral health representative and County CEO. The priorities identified from this forum included: criminal justice system and the seriously mentally ill (SMI), increasing hospital beds for the SMI, support for the IMD exclusion waiver, and legislation.

### Looking Forward to 2020

Despite the Coronavirus pandemic, this year is shaping up to be another very productive year.

We heard your input and will be improving communications to our membership as well as bringing back consistent monthly General Meetings on relevant topics as soon as possible. You will see our quarterly newsletter cover topics of interest.

In addition, once social restrictions are lifted, we will be putting together a community forum where families will be able to share their stories using their own voices. Stay tuned for more information on this topic.

### Immediate 2020 Needs

NAMIWalks, NAMIWalks, NAMIWalks! The NAMIWalk is coming and has an exciting makeover (see 6)! We would like to see 1000 walkers raise and/or donate a minimum of \$100 each. Please sign up for the challenge and support our 15th annual fundraising walk. The funds raised represent over 50% of our revenue which makes it possible to deliver our programs and service to the community free of charge.

Thank you to our NAMI VC family of volunteers and supporters who continue to make all that we do possible. Please stay safe.

Yours in service,

**Shirley Brandon**  
President, Board of Directors

Not All Heroes  
Wear Capes...

Mental Health

But you CAN  
if you want.

Become a Hero today.

www.namiventura.org/mentalhealthhero



STAFF

**Roberta Griego** *Director of Operations,  
Community Outreach & Development*

**Chris Novak** *Program Administrator*

**Kimberly Quinn** *Program Coordinator*

**Mellanie Temple** *Administrative  
Assistant*

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**Phone:** (805) 641-2426  
**Fax:** (805) 275-2188  
**Email:** info@namiventura.org  
**Website:** www.namiventura.org

## Memorial Donations 2019

### In Memory of:

#### Alexander Beirne

Christine Beirne  
Kevin Beirne  
Shirley Brandon  
Alfred Contarino  
Patrick Davis

#### Alfred “Al” Contarino

Joanne Kaplan  
William Kearney

#### David Kaplan

Joanne Kaplan

#### Kelsey Burns

Corey Lister

#### Susan Luckey

Reiko Osumi

#### Zack Kanny

Alexander Goland

### In Honor of:

#### Ellery Cushing

David Cushing

#### Carolyn D’Angelo’s Birthday

Ruby Hazebrook

#### Fillmore Firefighters

David Gurrola

#### Robert Hurwich’s Birthday

Susan Hurwich

Memorial Donations can be made to NAMI Ventura County through trusts, payroll deductions, Paypal, check, and credit card. For more information, please call (805) 641-2426.

# Spring Into NAMI To Lend A Hand

### Mellanie Temple Volunteer Coordinator

Are you looking for ways to give back or make a difference? Have you been helped by NAMI and want to pay it forward?

This is a tough time. We are all navigating the COVID-19 waters and so many of us, including the NAMI Ventura County staff, are working from home. If you want to fill your free time by doing something meaningful, NAMI Ventura County still has a constant need for volunteers.

We are currently looking to step up our volunteer database and get you more involved. The COVID-19 pandemic has not slowed the need for NAMI services. While we have been working to adjust our classes and presentations to an online format, we are still serving needs throughout our communities.

To do that, we need your support in many different capacities.

Did you know that we staff our Resource Line (formerly known as the Help Line) with volunteers? Resource Line volunteers take calls through our dedicated line on their home or cell phone, so there is no need to even spend time away from home.

People calling the resource line have varying needs. Some are looking for specific resource referrals or have general questions about how to access services. Sometimes, a caller might just need to chat with someone empathetic. Often, callers don’t know that NAMI’s education classes are available, for free, to them or their loved ones. We are looking for people to train and add to the Resource Line schedule. We can easily connect your

cell phone, at no expense to you, to field Resource Line calls

NAMI Ventura County has been extremely busy since the Holiday Party. In the first quarter of 2020, we launched three Family to Family classes, a Familia a Familia class, a Peer to Peer class, and six Family & Friends seminars. Additionally, we’ve given 18 In Our Own Voice presentations and 12 Ending the Silence presentations. Up until social distancing and shelter-at-home orders were put into place, we were busy attending resource fairs in the community and at schools. On average, we were attending two resource fairs a week.

Since COVID-19 protections have started, our staff has been working toward launching all of our programs online. Have you been trained to facilitate a support group or teach a NAMI class? Have you ever been interested in venturing into teaching, facilitating, or presenting? If so, we have plenty of opportunities to use your talents. We are happy to talk with you about training if you haven’t yet.

While our small but mighty staff is coordinating our amazing roster of programs, it’s our dedicated volunteers who are the front lines of NAMI Ventura County. The contributions from our volunteers help us keep moving forward and making a positive impact in the communities we love.

Keep your eyes and ears open for an announcement of a Volunteer Orientation. For more information and details, feel free to reach out to me through email. My contact information is included at the end of this column.

See *VOLUNTEER*, Page 9

NAMI Ventura County

Teaches  
Inspires  
Empowers

Empowers  
Inspires  
Teaches

Teaches  
Inspires  
Empowers

Teaches  
Inspires  
Empowers

Students

Peers & Families

Providers

Communities





# The VC Virtual Takeover & NAMIWalks Your Way

## Bringing Mental Health for All

**Roberta Griego**  
**Director of Operations,**  
**Community Outreach & Development**  
**NAMI Ventura County Walk Manager**

Our country, and the rest of the world, is experiencing the most devastating disaster I've seen in my lifetime. I thought 9/11 was the worst our country could face, but the Coronavirus pandemic has become a daily nightmare.

The growing death toll and the rapidly rising numbers of diagnosed cases are shocking but the way COVID-19 has infected all of our lives has made this new crisis deeply personal to each of us.

I've wondered about my family, friends, colleagues and myself being exposed. I worry about when that timebomb will go off and someone close to me will get sick with this horrific disease. It is like knowing a bomb is going to explode near you but having no idea how long is left on the timer.

My heart, soul and daily prayers go out to all Ventura County's essential medical personnel, first responders and government employees. There are so many more

essential people working daily, despite the risk, to keep our communities fed, healthy and informed. From truck drivers to grocery store staff and pharmacy workers to postal employees, they all deserve gratitude for continuing to serve the citizens of this beautiful county.

They, and you, are in my thoughts and prayers. Please follow social distancing guidelines and weather the storm at home if you can. Please be careful and safe.

### NAMIWalks in Focus

With all that in mind, NAMI Ventura County has made some necessary changes to our largest annual fundraising and awareness event. Our 15th annual NAMIWalk is undergoing a big makeover. The NAMIWalks Ventura County Virtual Takeover and NAMIWalks Your Way: A Virtual Event are coming straight to you throughout the entire month of May.

While you might miss our NAMIWalks beachfront view, the mission behind the event hasn't changed. The NAMIWalk is still all about busting stigma and helping NAMI Ventura County continue to offer their

support, education, and advocacy programs absolutely free to every single participant.

If you need some context around how important NAMIWalks fundraising is, you can look to our 2019 numbers. In 2019, NAMI Ventura County served 6,830 individuals through our entirely free programs. For 2020, we already expect that number to grow significantly.

For the 2020 NAMIWalks Virtual Takeover, we have a fundraising goal of \$200,000. Don't forget, teams and individual walkers will have the entire month of May to work their magic and help us reach our goal.

### The Takeover Makeover

At this point, you are probably wondering how the NAMIWalks Virtual Takeover is going to work. While our traditional NAMIWalk has focused on a big, one-day event, our new format gives you the opportunity to participate however you want. What could be more exciting than that?

During the 2020 virtual walk season, you are going to hear two different event titles.

NAMIWalks Ventura County Virtual Takeover

is our affiliate's monthlong, local event.

When you register for the Virtual Takeover, you will receive a special NAMIWalks bib. Cut it out, fill in why you walk, and send us a selfie. We will be sharing selfies and walker stories on our social media and eblasts throughout May.

NAMI Ventura County's NAMIWalks Virtual Takeover will kick off with a fun virtual rally on Saturday, May 2 at 10 a.m. This will be a great opportunity to ask your questions, hear fundraising suggestions, and build some NAMIWalks energy.

Late in the month, NAMI Ventura County will be joining in as over 35 other affiliates in the United States and the NAMI national organization celebrate NAMIWalks Your Way: A Virtual Event. This show of virtual unity will kick off on Saturday, May 30. From 10 a.m. to 2 p.m. we want you to join this live virtual walk through videos, pictures, and emails as well as flooding NAMI Ventura County's Twitter, Instagram, and Facebook pages with your stigma-busting messages.

We need all the Ventura County NAMIWalks

teams and walkers be part of our local movement. Show your support and get creative! Show us your "I Walk Because" message through a picture, live video, or poster. Show off your musical talents or artwork. Send us video of your special NAMIWalks home workout if you want! On May 30th, we want you to do something fun and exciting from your home to celebrate.

Please join us online starting at 10 a.m. so we can show how NAMI Ventura County rallies community support. We came together during the 2018 NAMIWalk after the Thomas and Woolsey Fires and the Borderline Tragedy. It's time to demonstrate to the entire county exactly what Ventura County Strong means.

### What Comes After

We are looking forward to the day when shelter-at-home orders and social distancing requirements have been lifted. One day, we will start back to our daily routines. Local businesses will open their doors. Families will head for church or the beach or Saturday soccer practice. Our weekday routines of coffee and freeway traffic and sleepy Monday mornings will resume.

When regular life resumes, NAMI Ventura County will announce a NAMIWalks celebration. We hope you all will come together to celebrate a memorable NAMIWalks Ventura County season. Hitting the top of our \$200,000 goal thermometer will show how Ventura County does community.

I want to thank you, and thank you, and thank you some more for finding it in your hearts and souls during this crisis to continue showing your financial support to NAMI Ventura County. We have not, and will not, stop serving families and peers throughout their journeys with mental illness. You are our cornerstone as we keep fighting to stop the stigma and continue showing that they are not alone.

For more information on the 2020 NAMI Ventura County NAMIWalks Takeover and the NAMIWalks Your Way: A Virtual Event, visit our website at [www.namiventura.org](http://www.namiventura.org) where you can also sign up for our eblast. Or, follow NAMI Ventura County on Facebook, Twitter (@namiventura), and Instagram (namiventura). Questions? Email us at [info@namiventura.org](mailto:info@namiventura.org).

**2010**

**2011**

**2012**

**2013**

**2014**

**2015**

**2016**

**2017**

**2018**

**2020**

**Ventura County**

**Virtual Takeover**

**NAMI Walks**

**nami Walks YOUR WAY**

**MENTAL HEALTH for all**

**IPU WALKS FOR YOU!**

**Register Now**  
**@ [www.namiventura.org](http://www.namiventura.org)**



Upcoming Events

NAMIWalks  
Ventura County Virtual Takeover Kickoff  
Rally: Sat., May 2 at 10am. Visit namiventura.org for full details and to register for NAMIWalks.

NAMIWalks Your Way: A Virtual Event:  
Sat., May 30 from 10am to 1pm. Visit namiventura.org for full details and to register for NAMIWalks.

Family Support Groups  
& Grupo de Apoyo  
Ongoing via webinar. Please visit namiventura.org for the full schedule.

NAMI Family & Friends Webinar  
Ongoing via webinar. Visit namiventura.org for the full schedule and registration.

Behavioral Health Advisory Board  
BHAB  
BHAB General Meeting  
Mon., April 27th, 1pm

During the current emergency, all in-person meetings of the Behavioral Health Advisory Board (BHAB) have been suspended until further notice. Meetings will be conducted online through Zoom. As always, community members are encouraged to attend.

The schedule for additional meetings will be decided at a later time. Meeting materials will be posted (www.vcbh.org/en/behavioral-health-advisory-board-meetings) and sent by email.

The mission of the BHAB is to advocate for community members living with mental illness and/or substance use disorders and their families. This is accomplished through support, review, and evaluation of treatment services provided and/or coordinated through the Ventura County Behavioral Health Department.

Resources

In an immediate psychiatric and/or medical emergency, please dial 911.  
Request a CIT Officer.

Ventura County Behavioral Health  
For individuals in need of mental health services or experiencing a mental health crisis, please call:  
Star Program: (866) 998-2243 Available 24/7 or (805) 981-4233  
Adult Crisis Team: (877) 327-4747 or 911 (Request a CIT officer)

Acute Care Psychiatric Hospitals  
Aurora Vista del Mar  
Medicare and private insurance only  
(805) 653-6434  
801 Seneca St, Ventura

Hillmont Psychiatric Center  
All county residents  
(805) 652-6729  
200 Hillmont Ave, Ventura

NAMI VC Community Resource Line  
(805) 500-NAMI: M-F 9am-5pm

Treatment Referral  
SAMHSA's National Helpline is a free, confidential, 24/7 treatment referral and information service (in English and Spanish) for individuals and families facing mental and/or substance use disorders. 1-800-662-HELP (4357). Also available online at www.findtreatment.samhsa.gov

Reach Out  
California Peer-Run Warm Line (available 24/7) 855-845-7415 or chat online at www.mentalhealthsf.org/peer-run-warmline

National Suicide Prevention Lifeline  
(available 24/7) 1-800-273-TALK (8255), by text (text NAMI to 741741), or chat online at www.suicidepreventionlifeline.org

The Trevor Project Lifeline (LGBTQ+ Youth) (available 24/7) 1-866-488-7386, by text (text START to 678678) or chat online at www.thetrevorproject.org

The National Domestic Violence Hotline  
(available 24/7) 1-800-799-SAFE (7233), by text (text LOVEIS to 22522) or chat online at www.thehotline.org

Youth Resources  
JedFoundation.org: The Jed Foundation is committed to the mental and emotional health of college students and preventing suicide. The foundation runs several free online self-assessment and resource programs.

OktoTalk.org: It's time we talked about mental health. Share what's on your mind.

COVID-19 Resources  
2-1-1 Ventura County: Information and referral service for Ventura County. Call 2-1-1, text COVID19 to 211211 or visit 211ventura.org.

Coping During Coronavirus: Online Support Groups: Coronavirus emotional wellness online support groups (English and Spanish) and more. Visit www.giveanhour.org/initiatives-and-programs/covid19-ca/



Membership & Membership RenewalApplication

Support NAMI by becoming a member. Your membership counts!  
Membership is for 1 year beginning January 1 through December 31

Become a NAMI member or renew your membership today to add your name to the list of thousands raising their voices to demand services, support and respect for the millions affected by mental illness. NAMI membership demonstrates your support for the important work being done at NAMI and helps us make our voice heard in our community, in Sacramento, and in the nation's capital.

Members receive NAMI's national news magazine, the Advocate, in addition to local and state newsletters. Members also enjoy reduced costs at conventions, the NAMI Store, and other events, as well as voting privileges to shape the future of America's largest grassroots organization dedicated to building better lives for the millions affected by mental illness. Your membership in NAMI Ventura County supports our programs, increases our ability to help more families and allows us to advocate effectively on behalf of people affected by mental health conditions.

Name: \_\_\_\_\_  
First Last

Street Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Telephone: \_\_\_\_\_ Email: \_\_\_\_\_

Your annual dues include:  
•\$10 for membership in NAMI National and the quarterly newsmagazine, The Advocate  
•\$10 for membership in NAMI California and the monthly electronic newsletter  
•The NAMI Ventura County newsletter

Choose Your Membership Level:  
☐ \$60.00 Household Membership ☐ \$40.00 Individual Membership ☐ \$5.00 Open Door Membership

This membership is: ☐ New ☐ Renewal

Make a Donation:  
☐ I want to donate \$100.00 to *Pay It Forward*  
☐ I would like to make a one-time donation of \$\_\_\_\_\_ in addition to my membership.  
☐ I would like to donate \$\_\_\_\_\_ monthly to become a Mental Health Hero

Please bill my credit card: \_\_\_\_\_ Visa \_\_\_\_\_ Master Card \_\_\_\_\_ American Express  
Card Number: \_\_\_\_\_ Exp. Date: \_\_\_\_\_ 3 Digit Code: \_\_\_\_\_  
Name on Card: \_\_\_\_\_

☐ Please use this form to renew my membership annually.

Pay by Check:  
Make checks payable to NAMI Ventura County. Mail to NAMI Ventura County, P.O. Box 1613, Camarillo, CA 93011-1613

NAMI Ventura County is an IRS recognized 501(c)(3) Non-Profit Organization and all donations are tax deductible.  
Federal Tax ID #77-0037450

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your mother. tu esposa. your cousin. your son. your fiancé. tu padre. your brother. your grandmother. your partner. your mom. your roommate. your grandfather. your sister. your stepfather. your neighbor. tus padres. your doctor. your grandparent. your girlfriend. tu primo. tu madre. your bestie. your parent. your wife. your student. your scout leader. your hubby. your grandson. your barista. your children. your veterinarian. tu tio. your granddaughter. your physical therapist. your godfather. your nurse. your army buddy. tus parientes. your librarian. your boyfriend. your coach. your daughter. your fraternity brother. your hairdresser. your significant other. your grandchild. your best friend's brother. your banker. your mother-in-law. your classmate. your stepmother. your dentist. tu hija. your waiter. your aunt. your spiritual guru. tu abuelo. your teammate. your uncle. your manicurist. your godmother. your buddy. your niece. your ex-husband. your sorority sister. tu abuela. your co-parent. your pharmacist. tu prima. your teacher. tu nietos. your father. your friend. your stepdaughter. your pastor. your cousin. your masseuse. tu hijo. your husband. your waitress. tu hermano. your accountant. your frienemy. your stepson. tu hijastro. your ex-wife. your boss. your sister-in-law. your babysitter. your dad. your neighbor's kid. tu esposo. your brother-in-law. your nephew. your father-in-law. your partner. your attorney. your fiancée. your yoga instructor. tu bisabuelo. your amazon delivery guy. your mother. your teammate. your uncle. your pastor. your cousin. your neighbor. your wife. your student. your daughter. tu prima. your teacher. your co-parent. your kid's friend. your fiancé. your mother. tu esposa. your cousin. your son. your fiancé. tu padre. your brother. your grandmother. your partner. your mom. your roommate. your grandfather. your sister. your stepfather. your neighbor. tus padres. your doctor. your grandparent. your girlfriend. tu primo. tu madre. your bestie. your parent. your wife. your student. your scout leader. your hubby. your grandson. your barista. your children. your veterinarian. tu tio. your granddaughter. your physical therapist. your godfather. your nurse. your army buddy. tus parientes. your librarian. your boyfriend. your coach. your daughter. your fraternity brother. your hairdresser. your significant other. your grandchild. your best friend's brother. your banker. your mother-in-law. your classmate. your stepmother. your dentist. tu hija. your waiter. your aunt. your spiritual guru. tu abuelo. your teammate. your uncle. your manicurist. your godmother. your buddy. your niece. your ex-husband. your sorority sister. tu abuela. your co-parent. your pharmacist. tu prima. your teacher. tu nietos. your father. your friend. your stepdaughter. your pastor. your cousin. your masseuse. tu hijo. your husband. your waitress. tu hermano. your accountant. your frienemy. your stepson. tu hijastro. your ex-wife. your boss. your sister-in-law. your babysitter. your dad. your neighbor's kid. tu esposo. your brother-in-law. your nephew. your father-in-law. your partner. your attorney. your fiancée. your yoga instructor. tu bisabuelo. your amazon delivery guy. your mother. your teammate. your uncle. your pastor. your cousin. your neighbor. your wife. your student. your daughter. tu prima. your teacher. your co-parent. your kid's friend. your fiancé. your mother. tu esposa. your cousin. your son. your fiancé. tu padre. your brother. your grandmother. your partner. your mom. your roommate. your grandfather. your sister. your stepfather. your neighbor. tus padres. your doctor. your grandparent. your girlfriend. tu primo. tu madre. your bestie. your parent. your wife. your student. your scout leader. your hubby. your grandson. your barista. your children. your veterinarian. tu tio. your granddaughter. your physical therapist. your godfather. your nurse. your army buddy. tus parientes. your librarian. your boyfriend. your coach. your daughter. your fraternity brother. your hairdresser. your significant other. your grandchild. your best friend's brother. your banker. your mother-in-law. your classmate. your stepmother. your dentist. tu hija. your waiter. your aunt. your spiritual guru. tu abuelo. your teammate. your uncle. your manicurist. your godmother. your buddy. your niece. your ex-husband. your sorority sister. tu abuela. your co-parent. your pharmacist. tu prima. your teacher. tu nietos. your father. your friend. your stepdaughter. your pastor. your cousin. your masseuse. tu hijo. your husband. your waitress. tu hermano. your accountant. your frienemy. your stepson. tu hijastro. your ex-wife. your boss. your sister-in-law. your babysitter. your dad. your neighbor's kid. tu esposo. your brother-in-law. your nephew. your father-in-law. your partner. your attorney. your fiancée. your yoga instructor. tu bisabuelo. your amazon delivery guy. your mother. your teammate. your uncle. your pastor. your cousin. your neighbor. your wife. your student. your daughter. tu prima. your teacher. your co-parent. your kid's friend. your fiancé.

**MENTAL  
ILLNESS**

**DOESN'T  
DISCRIMINATE.**

**EDUCATION.**

**SUPPORT.**

**ADVOCACY.**

**START HERE.**

