



Dear Community Member,

As a volunteer workgroup representing the Russian-speaking community throughout California, we are pleased to announce the release of two new resources for the Russian-speaking community as part of Each Mind Matters: California's Mental Health Movement.

Through a community-led process, we identified the following priorities for these materials: reducing stigma around mental health issues, increasing help-seeking behaviors, and strengthening suicide prevention efforts. To address these issues, we created two new mental health materials for the Russian-speaking population: 1) a bilingual (Russian/English) Know the Signs Suicide Prevention brochure, and 2) a Russian-language adaptation of the Each Mind Matters Mental Health Support Guide.

These new resources are the culmination of many months of outreach, research, and interviews with community, county and state representatives to determine what was most needed in the community. By creating materials designed to increase community understanding of mental health, we hope to combat these barriers and improve mental health and wellness within California's Russian-speaking community.

We believe these could be useful tools to the Russian-speaking community you serve. We hope you will share these materials at your office, community events and fairs, or at any event your organization may participate in.

If you'd like to learn more, visit our resource center website at www.emmresourcecenter.org to view additional resources and sign up for the Each Mind Matters [Insiders Newsletter](#). If you need additional support, please contact us at info@eachmindmatters.org.

Thank you for your support!

Sincerely,

The Each Mind Matters Russian Strategic Council Members

Christina Shea, LMFT, Richmond Area Multi-Services, San Francisco
Dr. Arthur Digolov, Mental Health Professional, San Francisco
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And the California Mental Health Services Authority

