

CALIFORNIA IS COMING TOGETHER TO LEAD THE WAY...

1 IN 4 AMERICAN ADULTS NEED HELP. RIGHT NOW.
BUT MANY WON'T ASK FOR IT.
FEAR OF JUDGMENT... ISOLATION... DISCRIMINATION...



A NEW STATE OF MIND: ENDING THE STIGMA OF MENTAL ILLNESS

Narrated by award-winning actress Glenn Close

Stigma associated with mental illness can be more destructive than the illness itself.

Each of us has a role to play in ending stigma once and for all, and building a stronger, healthier California. **A New State of Mind: Ending the Stigma of Mental Illness** tells the stories of everyday people through their struggles, recovery and resilience in the face of mental health challenges.

Visit EachMindMatters.org



EACH
MIND
MATTERS
California's Mental
Health Movement

Funded by counties through the voter-approved Mental Health Services Act (Prop 63).

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