COVID-19 Emergency Operations Center
PUBLIC NOTIFICATION OF VIRTUAL BRIEFING

New Mental Health Awareness Month Initiatives Help Residents Cope with COVID-19 Quarantine

LOS ANGELES – Los Angeles County Board of Supervisors Chair Kathryn Barger welcomes the Los Angeles County Department of Mental Health (Mental Health) to provide updates on the coronavirus (COVID-19) response and provide highlights for Mental Health Awareness Month virtual activities. Officials stress to the public to continue the practice of physical distancing.

Director Dr. Jonathan Sherin will announce:

- May is celebrated nationally as **Mental Health Awareness Month** to spotlight the importance of mental health issues and access to care for everyone. The COVID-19 pandemic has increased fear, anxiety and stress dramatically, so visibility and awareness for this important issue are needed now more than ever.

- In recognition of Mental Health Awareness Month, Mental Health will launch **WE RISE 2020: Virtual May**, a community capacity building celebration of healing, mental health and wellbeing powered by creative expression and connectedness. Now in its third year, our WE RISE campaign has been completely adapted for virtual platforms with original performances by diverse artists and celebrities, interactive workshops and unique programming with messages of inspiration and motivation and other special moments. Details are available on [la](#) - watch a collaboration with Get Lit and an [event preview](#).

**Free access to Headspace Plus**, a gold-standard virtual guide to meditation and mindfulness. By going to [headspace.com/lacounty](http://headspace.com/lacounty), all Los Angeles County residents can access a free subscription. Available through 2020, residents can use this tool to get
hundreds of science-backed guided meditations in English and Spanish, as well as mindfulness and sleep exercises to help address rising stress and anxiety.

WHEN:
Friday, May 1
10:00 a.m.

WHO:
- Supervisor Kathryn Barger, Chair, Fifth District
- Jonathan Sherin, M.D., Ph.D., Director, Mental Health
- Jorge Partida, Psy.D., Chief of Psychology, Mental Health (Spanish)
- Derek Hsieh, Ph.D., Mental Health Clinical Program Head, Mental Health (Mandarin)
- Jung Ahn, L.C.S.W., Training Coordinator, Mental Health (Korean)
- Anna Yaralyan, Psy.D., Clinical Psychologist, Mental Health (Armenian)

*Spanish, Mandarin, Korean and Armenian remarks and questions will follow English Q&A.

WATCH LIVE:
- Facebook at facebook.com/LACDMH
- YouTube at youtube.com/lacdmh
- Twitter at twitter.com/lacdmh
- *Members of the public and media can listen in by telephone:
  - English: (877) 873-8017, Access Code: 111111
  - Spanish: (877) 873-8017, Access Code: 222222
  - Mandarin: (877) 611-4778, Access Code: 9516097
  - Korean: (877) 611-4778, Access Code: 9275591

COVID-19 County websites:
- Los Angeles County: covid19.lacounty.gov
- Department of Mental Health: dmh.lacounty.gov/covid-19-information
- Department of Public Health: ph.lacounty.gov/media/Coronavirus

Los Angeles County Department of Mental Health:
As the nation’s largest public mental health department, we ensure access to care and treatment for our most vulnerable residents in a region with more than 10 million people. With an annual budget approaching $3B and a committed staff of 6,000, Mental Health
embodies a “heart-forward” approach to supporting hope, recovery and wellbeing across the County. For more information, visit dmh.lacounty.gov or follow @LACDMH on Facebook, Twitter, Instagram and YouTube.

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**Mental Health Help Line**
For mental health services, please call the Los Angeles County Department of Mental Health Help Line at 800-854-7771 or text "LA" to 741741.

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County of Los Angeles, Chief Executive Office, Office of Emergency Management
For questions, please contact the L.A. County Joint Information Center - COVID-19 at pio@ceoem.lacounty.gov.

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