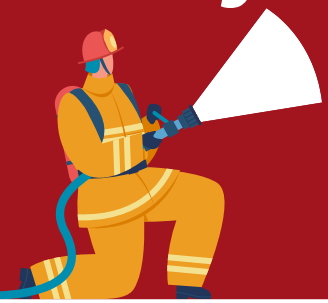
NEWSLETTER

May Is Wildfire Awareness Month



Wildfire Season Is Approaching Fast! It Is Key You Learn How To Harden Your Home, Know If You Are In The Fire Zone, Create An Emergency Kit, And Sign Up For Emergency Alerts!

Are You In An At Risk Area For Wildfires?

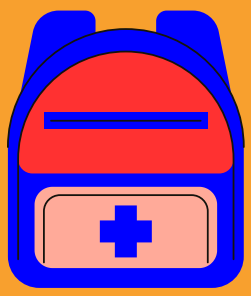
Communities Within Los Angeles Are Under Continuous Threat Of A Devastating Wildfire. As This Risk Increases, It Is Important You Protect Yourself And Your Family By Planning, Preparing, And Staying Aware.

READY

- Harden Your Home
- Create A Defensible Space
- Select Fire Resistant Plants

SET

- Build A Wildfire Action Plan
- Prepare A Family Evacuation Plan
- Pack A "Go-Bag"



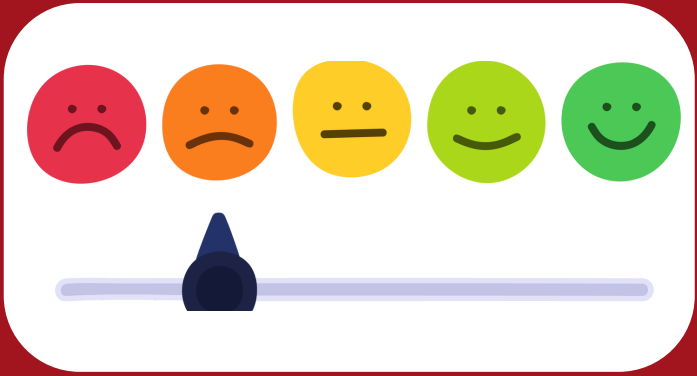
GO

- Follow This Evacuation Guide
- Get Your Home Ready
- Protect Your Animals

Credit To Ready, Set, Go: Cal Fire

Mental Health Awareness Month

Bring Attention To The Importance Of Mental Health, Promote Wellness, And Fight The Stigma Associated With Mental Illness And Accessing Mental Health Treatment. Mental Health Includes Our Emotional, Psychological, And Social Well-Being.



Disasters May Trigger Emotional Distress And Or Amplify Already Existing Emotional Distress. Here Are Some Signs of Emotional Distress:

- **Overwhelming Sadness**
- **Lack Of Energy**
- **Pulling Away From People Or Things**
- **Feeling Like You Have To Keep Busy**

Never a Bother

Learn How You Can Support Yourself, A Friend, Or A Youth In Your Care, Before, During, And After A Crisis.
Free Resources Are Available At https://neverabother.org/

TAKE ACTION
LOS ANGELES COUNTY DEPARTMENT OF MENTAL HEALTH
hope. recovery. wellbeing.
for yourself for your circle for your community

The Los Angeles County Department of Mental Health (LACDMH) kicked-off its *Take Action for Mental Health L.A. County* campaign this month! This year's Take Action community events include free yoga and meditation, art and music, block parties, a 5K run/walk, the Healing Bus, and more!

For a complete list of all Take Action events, visit TakeActionLA.com/events.

Get More Mental Health Resources At : NIH.Gov