



FREQUENTLY ASKED QUESTIONS

Each Mind Matters activated by St. Jude Medical Center

What is Each Mind Matters?

Each Mind Matters is California's Mental Health Movement created to unite millions of individuals who share a vision of improved mental health and equality for all. The statewide initiative is overseen by the California Mental Health Services Authority ([CalMHSA](#)) and is funded through the voter-approved Mental Health Services Act, also known as Proposition 63.

What is St. Jude Medical Center's role?

St. Jude Medical Center is activating Each Mind Matters in north Orange County through a localized bilingual public outreach campaign designed to strengthen and amplify the movement at the grassroots level. Efforts include high-touch community outreach via in-neighborhood interaction, community event participation, social media, and more.

Why is St. Jude Medical Center activating Each Mind Matters locally?

The Each Mind Matters campaign aligns with St. Jude Medical Center's commitment to improving the health and quality of life within the communities it serves.

What is the campaign's key message?

The focus is to encourage community members to talk openly and honestly about mental health with family, friends and community members. These conversations can lead to early support and help that reduces needless suffering and saves lives.

Where can community members get immediate emergency help?

If you are feeling suicidal or if you are concerned about someone, there is help available right now. A trained counselor is ready to talk to you and provide help. Call the National Suicide Prevention Lifeline at 1-800-273-8255.

Where can people go to access local mental health service providers and resources?

Whether you are looking for help for a loved one or yourself, there are numerous services and providers available. The campaign has a list of north Orange County resources at PromiseToTalk.org/SJMC

How do you know if someone has a mental illness?

Only a mental health professional can diagnose a mental illness. If you think you are going through a difficult time with your mental health, it is important to ask for help and talk to family or friends. If you think someone you know is going through a difficult time, it is important for you to speak up or find someone you trust to do so. This is the first step to helping someone you care about get the support they need.

Who are St. Jude Medical Center's target audiences for Each Mind Matters?

St. Jude Medical Center is reaching out to all community members to join together and promise to open hearts and minds to a new understanding of mental wellness for everyone.



Why is talking about mental health as a community so important?

When it comes to health, our minds deserve the same attention as our bodies. Shame and embarrassment are barriers to mental wellness. They create fear, pain, and injustice that stop people from reaching out for help when they need it. When we talk and help each other, we can improve our community.

What is St. Jude Medical Center trying to achieve with its local Each Mind Matters effort?

The campaign reminds us that mental health is an integral part of each of us as humans. It is an opportunity to help create communities where everyone can readily find a path to the help or support they need.

How do individuals participate in Each Mind Matters locally?

Joining with other community members to promise to talk or share their story with others to encourage open dialogue about mental health are great first steps. Individuals can do so at PromiseToTalk.org/SJMC, through @PromiseToTalkSJMC via Facebook or Instagram, or in person at events where St. Jude Medical Center is participating.

Where can I share a mental health story?

Everyone has their own journey with mental wellness. We are stronger and can accomplish more when we join together as a community to improve mental health and well-being. If you would like to inspire others and share your story with Each Mind Matters activated by St. Jude Medical Center in north Orange County, send a brief email to PromiseToTalkSJMC@gmail.com with the subject line: Mental Health Story. You can also share stories with us on Facebook or Instagram and encourage others to do the same.

What is the lime green park bench?

A key program element for St. Jude Medical Center's activation of Each Mind Matters is a park bench adorned in lime green, the national color for mental health awareness. The portable bench and display is a reminder about the importance of starting a caring conversation about mental health in a safe, comfortable and familiar space. The bench is appearing throughout 2018 at local county events, community facilities, schools, shopping areas and more. Watch for the bench in your community so you can share photos and videos on social media with #TheGreenBench.

What local groups are working with Each Mind Matters?

There are many organizations working together to help support and promote Each Mind Matters in Orange County and across the state. To learn more about these groups locally, visit PromiseToTalk.org/SJMC. For statewide information, go to eachmindmatters.org.

Where can I learn more about Each Mind Matters activated by St. Jude Medical Center?

Visit the program online at PromiseToTalk.org/SJMC, or contact promisetotalkSJMC@gmail.com.

How can I follow Each Mind Matters on social media?

You can follow Each Mind Matters in Orange County on Instagram [@PromiseToTalkSJMC](https://www.instagram.com/PromiseToTalkSJMC) and "like" the Facebook page at [Promise To Talk SJMC](http://PromiseToTalkSJMC).

#