The COVID-19 (coronavirus) pandemic is increasing stress and anxiety for many in our community. The County of Santa Clara’s Behavioral Health Services Department is here to support your health and wellbeing and is sponsoring a series of virtual town halls. At these town halls, culturally-specific mental health information and resources for individuals, families and communities will be shared.

Participants will:
- Learn tips for managing stress, including anxiety and depression;
- Learn about local mental health resources available;
- Have a discussion and question/answer session mental health professionals and peers.

Town halls will take place on Zoom and social media livestream in May, which is Mental Health Awareness Month.

- Monday May 11th, 7-8:30 PM
- Registration link: https://bit.ly/2VV5ksQ
- Speakers: Dr. Janice Kang, Child and Adolescent Psychiatry Fellow and Dr. Steven Sust, Clinical Assistant Professor from Stanford University School of Medicine, Department of Psychiatry and Behavioral Sciences, Division of Child and Adolescent Psychiatry
- Webinar will be conducted in English.
- The town hall will take place on Zoom (register for details), recorded, and livestreamed on the County of Santa Clara Behavioral Health Services Department’s Facebook account, @cscbehavioralhealth.