

# Changing Minds – Minds Matter

SOUTH COUNTY MENTAL HEALTH FAIR

SATURDAY  
**MAY 11**  
2019

8:30 a.m. – 2 p.m.

**Chula Vista High School**  
820 4th Avenue  
Chula Vista, CA 91911

## Join us!

**Sharp Chula Vista Medical Center** and more than **50 community resource partners** will gather for a day of learning intended to inspire and empower.

One in five adults in San Diego County faces behavioral health challenges, and many more friends and family members are affected by them. Recovery is possible, and help is available here in South County.

### Topics:

Mental Health Awareness • Child/Adolescent Behavioral Health  
Substance Use • Dementia • Suicide Prevention  
Check Your Mood Screenings

To learn more, visit

[www.sharp.com/changingminds](http://www.sharp.com/changingminds)

*“What’s broken can be mended. What hurts can be healed.  
And no matter how dark it gets, the sun is going to rise  
again.”*