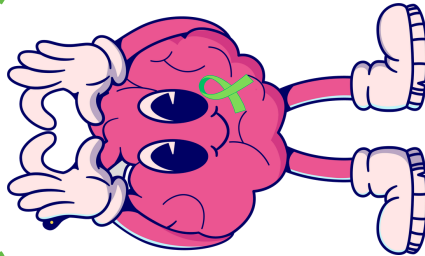




Scan for our newsletter!

bulby

National Mental Health Awareness Month!



Time to turn awareness into action by prioritizing well-being, supporting others, and advocating for mental health every day.

Abbreviations Key:

- Hopeful Hearts** = Therapeutic Card Making Group
- Emotional Wellness Circle** = Mood Support Group
- Serenity Steps** = Walking Group
- B-POCC** = Berkeley Peers Organizing Community Change Meeting
- Wellness Through Passion** = Wellness Activity Facilitation Group
- Telling Your Story** = Narrative Storytelling Group
- Cinema Therapy** = Movie/Film Group

For more info contact:

Kennell (510)–708–6499

or

wellnessrecoveryteam@berkeleyca.gov

Berkeley Mental Health
2640 Marrin Luther King Way
Berkeley, CA 94704
(510)–981–5920

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4 Floral illustration	5 Hopeful Hearts 1:30pm–2:30pm 	6 Telling Your Story 1pm–3pm 	7 Floral illustration	8 Serenity Steps Willard Park 11am–12:15pm
11 Emotional Wellness Circle 11am–12pm 	12	13 B-POCC 10am–12pm Telling Your Story 1pm–3pm	14 Wellness Through Passion 11am–12pm 	15 Cinema Therapy 1pm–3pm
18 Malcolm X's Birthday Observed Holiday Clinic Closed 	19 Hand writing on a chart 	20	21 Wellness Through Passion 11am–12pm 	22 Consumer Perception Survey Week
25 WE WILL BE CLOSED ON MEMORIAL DAY REMEMBER AND HONOR 	26 Hopeful Hearts 1:30pm–2:30pm 	27 Serenity Steps Aquatic Park 11am–12:15pm 	28	29 MENTAL HEALTH AWARENESS MONTH Community Event 4pm–7:30pm



The Mission of the Wellness Recovery Team

To promote a culture of wellness and recovery at Berkeley Mental Health and in the surrounding community that honors the individual lived experience of mental health recovery.



Hopeful Hearts = Provide therapeutic support and socialization through creative card making for individuals in various mental health facilities.

Meeting ID: 881 2357 9880

Emotional Wellness Circle = A safe and supportive environment for individuals to explore, understand, and manage their emotions in their daily lives. Please arrive no later than 11:10 am.

Meeting ID: 825 3155 1822

Serenity Steps = Visit Berkeley parks to connect in person while improving mental health and well-being through physical movement by walking. Physical intensity varies and is adjusted to the needs of the group.

Please make sure to wear closed toe shoes, as there may be uneven walking paths along the way.

***We will meet at the location. Please call staff to reserve your space and get the exact location* : Kennell (510)-708-6499**

Telling Your Story = Combat stigma by developing your personal recovery story through shared inquiry with community members. Please arrive no later than 1:15pm.

Meeting ID: 864 5912 8455

Press *6 to mute and unmute yourself. Press *9 to raise or lower your hand.

B-POCC = "Berkeley Peers Organizing Community Change". Engage in advocacy to empower peers towards attaining their goals, improve their lives, and increase participation in the Berkeley Mental Health Service Act process.

Meeting ID: 934 7297 4998 Password: 207246

<https://zoom.us/j/93472974998?pwd=cGp3MlI1c0NkcmlFESEl5UGJuM25Zz09>

Wellness Through Passion = Designed for individuals to explore leadership opportunities and enhance their well-being through teaching others about their personal interests.

Cinema Therapy = Watch movies tailored to different wellness themes to support emotional processing, interpersonal skills, and mental health in community with others in a fun and familiar environment.

Virtual Groups:

Join by Zoom

- Click on the corresponding link or go to zoom <http://zoom.us/> and click join a meeting and put in information meeting ID and password. There may be some pop-up windows that say things like "Launch Meeting".
- Click "Okay", then you will then have the option to join with or without your camera on.

Join by Phone on ZOOM

1. Call 1-669-900-6833
 2. Put in Meeting ID
 3. It will ask for your participant ID, if you don't have one press "#"
 4. Put in Meeting Password. We will let you in when the meeting starts.
- Press *6 to mute and unmute yourself. Press *9 to raise or lower your hand.



Berkeley Mental Health – May 2026



Wellness Recovery

Team Newsletter

Happy Mental Health Awareness Month!

Flip through to learn about our upcoming groups and activities, as well as highlighting some important dates and providing some wellness tools to keep you engaged this month.

IN THIS ISSUE

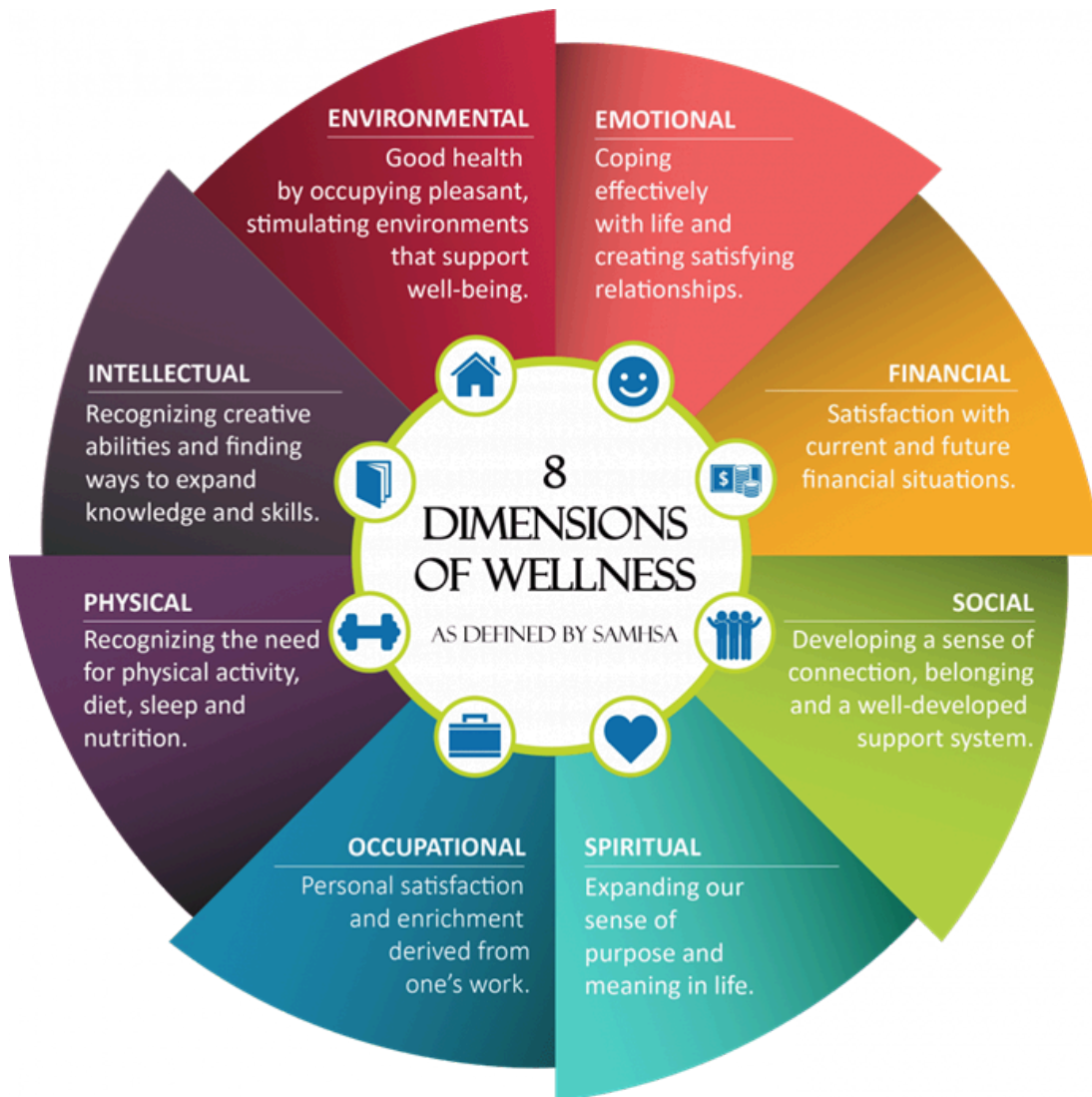
- 1 - The Wellness Wheel**
- 2 - Group Schedule**
- 3 - Cinema Therapy : May 15th**
- 5 - May Holidays and Days of Acknowledgement**
- 6 - Mental Health Awareness Month 2026**
- 7 - Wellness Wisdom**
- 8 - “5-4-3-2-1” Grounding Method**
- 10 - Healthy Habits for Mental Health Awareness**
- 11 - “Your Mental Health Matters” Coloring Page**
- 12 - The Power of a Support System**
- 13 - Spending Time with Others**
- 14 - “Mental Health Awareness” Word Search**
- 15 - What’s GROWING On in May?**
- 16 - Wellness Group Spotlight**
- 17 - Consumer Perception Survey Week**
- 18 - “May Is Mental Health Month” Community Event**
- 19 - Other Community Resources**
- 20 - Mental Health Support Hotlines**
- 21 - Contact Us!**



The Wellness Wheel

A Wellness Wheel is a tool and visual guide that helps one assess all aspects of their wellness. Each area highlights a different factor of wellness, most commonly known as the 8 Dimensions of Wellness, defined by the Substance Abuse and Mental Health Services Administration (SAMHSA). Wellness is a continuous and active process of achieving an optimal state of health, where an individual becomes aware of or makes choices towards a more whole-self lifestyle. Using this guide helps us assess this continuous and active process for ourselves!

May is **National Mental Health Awareness Month**, and we want to highlight each area of the Wellness Wheel as a tool to further your overall well-being. Check out all of the segments in the wheel, and think about how you can incorporate one or all of them into your daily lives.



Group Schedule

Here are our groups for the month.
Feel free to attend as many as you'd like!

Hopeful Hearts

Create positive message cards using art supplies to be collected by Peer Wellness Collective Reach-Out for those in mental health facilities.

In-person / Zoom

May 5th & 26th
1:30pm - 2:30pm



Emotional Wellness Circle

Share your feelings in a safe, transformative place. You might find you are not alone. Please arrive no later than 11:10 am.

In-person / Zoom

May 11th
11am-12pm



Telling Your Story

Combat stigma by developing your personal recovery story. Positive and encouraging feedback provided.

In-person / Microsoft Teams

May 6th & 13th
1pm-3pm



Serenity Steps

Visit parks in Berkeley and the surrounding area to connect in person, get some exercise, and explore the community. Physical intensity varies and is adjusted to the needs of the group, as well as weather conditions on that day.

Call (510-708-6499) to RSVP and get the exact location. Event subject to change.



May 8th | Willard Park | 11am-12:15pm



May 27th | Berkeley Aquatic Park | 11am-12:15pm

Wellness Through Passion

Develop leadership skills and promote wellness by facilitating an activity for your peers. Use creativity, expression, movement and play games while building meaningful relationships!



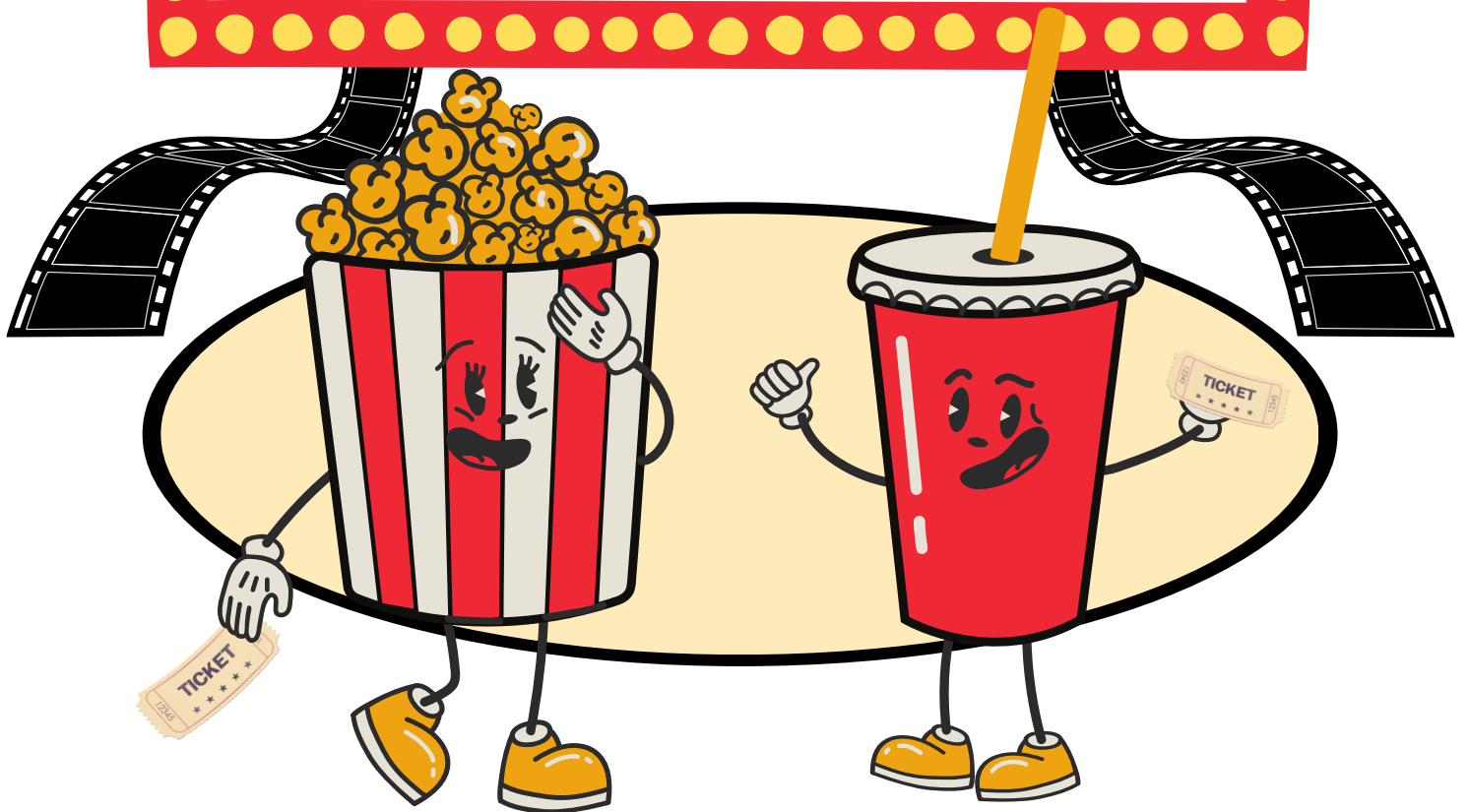
May 14th & 28th
11am-12pm



WELLNESS RECOVERY TEAM PRESENTS...

CINEMA THERAPY

AT THE BERKELEY MENTAL HEALTH CLINIC



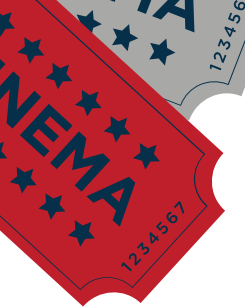
**Come in to watch fun and engaging films,
enjoy movie snacks, and participate in
wellness discussions with your peers.**

For more info and to RSVP...

contact Kennell Henry

510-708-6499

wellnessrecoveryteam@berkeleyca.gov



Jumanji: Welcome To The Jungle (2017) | 1hr 59min

Four high school kids discover an old video game console and are drawn into the game's jungle setting, literally becoming the adult avatars they chose. What they discover is that you don't just play Jumanji - you must survive it.

We will start the film promptly at 1pm, so if possible, please come early to view the entire film.



MAY

Holidays and Days of Acknowledgement



Star Wars Day (May 4th)

Channel your inner Jedi Master, and May the “Force” be with you!

Mother’s Day (May 10th)



A day for all mothers and mother figures to be celebrated and shown the love they deserve.

Drawing Day (May 16th)

Express yourself through drawing just about anything you like. There are many different ways and things to draw; just let your imagination lead you!

World Day for Cultural Diversity (May 21st)



A day acknowledged to appreciate the cultural diversities between different countries, states, and people all over in the world.



Harvey Milk Day (May 22nd)

To honor the life and legacy of Harvey Milk, the first openly gay politician, advocate for the LGBT community and all minorities in California, and a leader of the American Civil Rights Movement.



National Smile Day (May 31st)



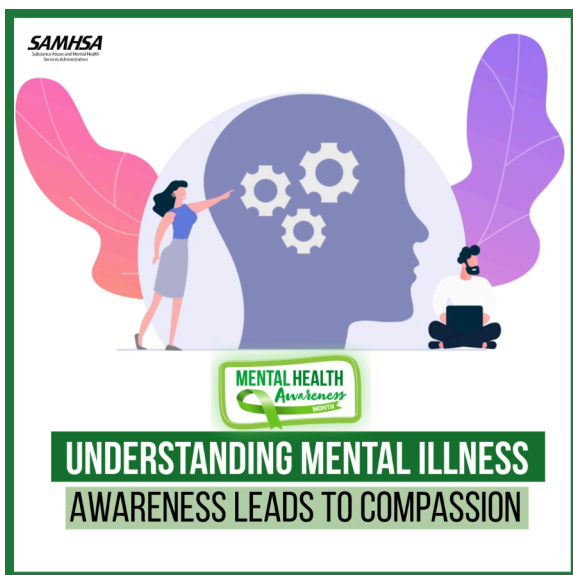
Wear your smile proudly and inspire others on this day!

Mental Health Awareness Month

May 2026

Since its inception in 1949, Mental Health Awareness Month has been a cornerstone of addressing the challenges faced by millions of Americans living with various mental health conditions.

Throughout the month, organizations such as SAMHSA actively participate in this national movement, dedicating their work to eradicating stigma, extending support, fostering public education and advocating for policies that prioritize the well-being of individuals and families affected by mental health challenges.



Wellness Wisdom

Whenever you need a "pick-me-up" to get you through a tough moment, try reciting these phrases to yourself. Repeat whatever phrase resonates as many times as needed.

I release tension whenever I exhale
I am strong and ready for change
I am freeing myself from stress
I am resilient
I value myself
Every day is a gift
I am supported
I am enough just as I am
I welcome opportunities to learn and grow
I am confident and comfortable in my own skin



Mental Health and Well-Being Reminders



The "5-4-3-2-1" Grounding Method

The 5-4-3-2-1 method helps ground you by focusing on your senses; sight, touch, sound, smell, and taste. It shifts attention away from stress, calms the mind, and improves mental well-being by anchoring you to the present moment.

MENTAL HEALTH DAY OF ACTION

ENGAGE YOUR SENSES

- NAME 4 THINGS YOU FEEL
- NAME 3 THINGS YOU HEAR
- NAME 2 THINGS YOU SMELL
- NAME 5 THINGS YOU SEE
- NAME 1 THING YOU TASTE

LifeSpring Health Systems
www.LifeSpringHealthSystems.org

#HealthEquityThursdays
#MentalHealthAwareness

Graphic provided by LifeSpring Health Systems
www.LifeSpringHealthSystems.org

**On this page, take some time to write down different things that you can see, feel, hear, smell, or taste.
You may be surprised by what comes up!**



WHAT I SEE



WHAT I FEEL



WHAT I HEAR



WHAT I SMELL



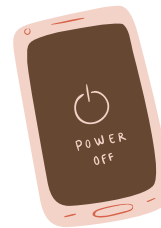
WHAT I TASTE



Healthy Habits for Mental Health Awareness



- Connect with peer support programs.
- Take 3-5 slow, deep breaths when overwhelmed.
- Write down racing thoughts.
- Replace “I can’t” with “I can try”.
- Attend a support group.
- Maintain basic hygiene daily.
- Break tasks into manageable steps.
- Create a coping skills list.
- Use crisis resources when needed.
- Take a short break from stimulation.
- Stay connected to support systems.
- Write down what you’re feeling.
- Avoid comparing yourself to others.
- Participate in group activities.
- Identify stressors and patterns.
- Accept uncertainty where needed.
- Limit exposure to stressful content.
- Remind yourself: progress over perfection.
- Talk to a counselor or clinician.
- Create a simple daily self-care routine.
- Spend time in community spaces.
- Ask for what you need clearly.
- Set boundaries with others.
- Take breaks between tasks.
- Reset your day when needed.
- Identify your personal coping tools.
- Recognize early warning signs.
- Let someone know when you’re struggling.



YOUR
Mental
HEALTH
MATTERS

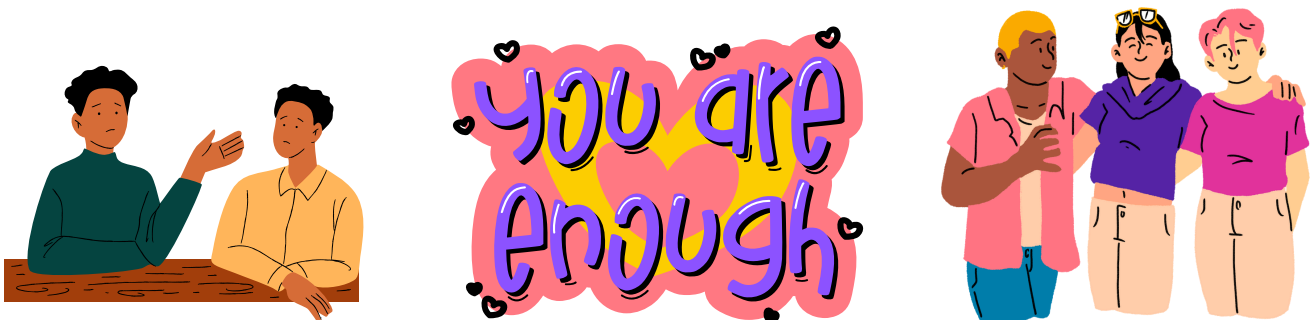
The image features the phrase "YOUR Mental HEALTH MATTERS" in a highly stylized, bubbly font. The word "YOUR" is at the top in a simple, rounded font. "Mental" is written in a cursive, flowing script. "HEALTH" is in a bold, rounded font with a slight shadow. "MATTERS" is at the bottom in a very bold, blocky font with a 3D effect. The text is surrounded by various decorative elements: small circles, hearts, and flowers. There are three hearts at the top right, a flower on the right side, and several flowers and circles at the bottom. The entire design is a black and white line drawing suitable for coloring.

The Power of a Support System



A strong support system, whether through trusted friends, family, community groups, or mental health professionals, can provide a safety net when experiencing the challenges of life. These people and spaces can help strengthen our ability to feel self-compassion, reduce feelings of isolation, and give us the perspective needed to counter overwhelming emotions.

For those who may not have friends or family in their lives, support can still be found in crisis lines, peer support groups, online communities, and mental health services. These spaces remind us that we are not alone, and that our struggles are valid, seen, and survivable. Reaching out and being met with care can be the first step toward healing and hope.





Spending Time with Others



Engaging in group activities can also provide a natural way to interact and build relationships with new people. Think of some ways that you can use these methods of connections with those around you.

- Talking on the phone or Facetime
- Grabbing coffee at a coffee house
- Taking a walk in the park/neighborhood
- Shooting hoops together
- Meeting up for lunch
- Having game night
- Watching TV together
- Going for a hike
- Cooking a meal
- Picnicking in the park or at the beach
- Work on do-it-yourself projects together
- Taking dogs to the dog park
- See a movie together
- Go to a 12 Step meeting together
- Going to the mall together
- Going to a flea market together
- Volunteering
- Other:

Take action to make new friends.

List one or two people you know and an activity you can do together in person or virtually.

Person I know _____ Activity we can do together _____

Person I know _____ Activity we can do together _____



Mental Health Awareness Word Search

M T D Y T T Z X R N Y A J N A M F Q R Z N K T H
 I W V G R H X O P G T R Z A N E O U B X N V Z E
 N Y Z H N O E W B B Y N A K F N N U B P S X Q G
 D X M S C I A R K T O R Q T A G D Z K U W E S G
 F W P B F Q L Z A I R E T W I C F T L U H V G M
 U E B O H A F A S P E A F M B D D F L I Z S S Z
 L G W J S F N S E H I A N E A T E O D T P V Y T
 N H F B G I E S I H N S H S E Z Y R K J U Z U L
 E E V I R R T I T X L N T N I L T L E W F V U A
 S A L Y P Z J I I R I I N O S T I A O H G L H C
 S L L E M C Z E V C E N E I B N I N M F K R L I
 Q T D B D F T L Y I K S Y T N R Q O G D S X Z G
 C H M C M Y G F G M T F S A C R J W N S L I F O
 O B A G Y W N M U Q S Y J V E B O M A K I G T L
 U L U X B H I G O S R G N I S Y I B J L R T N O
 N A D R X B X E E L J O O T D H G P K U R O E H
 S D A R E T K N R A I M F O N Y C X O A U B M C
 E X H O P E L G Z T L K L M U E G L U L B Y N Y
 L L I V J U D B A X B S H W M V M M E Z A E O S
 I N X A F K L L H D I R Q C G H A T H J R R R P
 N T V D X G O L X O A N E D R A X W A O J P I S
 G Z N U A S L N O I T A T I D E M O D E A D V B
 Z I O F I A T P I Q L X I T B M K F V I R R N B
 M T Q G B I Y R G J E I R G N L S Q N N O T E P

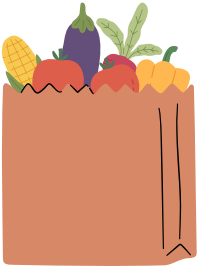
psychological
 depression
 positivity
 isolation
 bipolar
 trauma

environment
 hereditary
 transition
 therapist
 healing
 pain

Mindfulness
 motivation
 counseling
 feelings
 health
 hope

meditation
 treatment
 anxiety
 stress





What's **GROW** NG On?

Check out some of the fresh produce items that are available this month at grocery stores and local markets!



APRICOTS



ARUGULA



ARTICHOKES



ASPARAGUS



AVOCADO



BLUEBERRIES



HERBS



LETTUCE



MANGOS



MICROGREENS



MINT



PEAS



PINEAPPLES



RADISHES



RHUBARB



SCALLIONS



SPINACH



SPRING GREENS

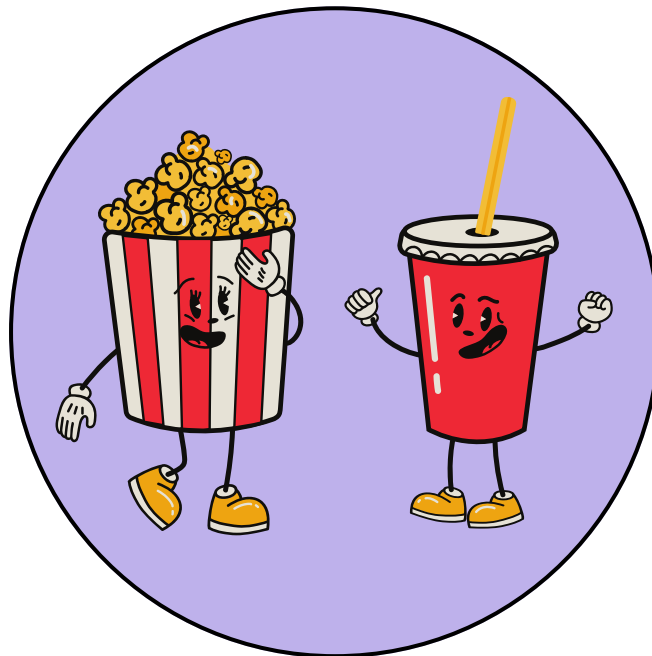


STRAWBERRIES

WELLNESS GROUP SPOTLIGHT!

Cinema Therapy

Join us for a movie-based wellness group with great food, engaging conversation, and a chance to connect, laugh, and unwind with your community!



**Once a month, starting at 1pm.
Check the calendar for more info!**

(510)-708-6499

or

wellnessrecoveryteam@berkeleyca.gov

SURVEY WEEK IS BACK!

**Berkeley Mental Health
May 18th - 22nd ONLY
2640 Martin Luther King Jr. Way
Berkeley, CA 94704**

Receive a small gift
with your help
towards improving
our services!

You can also enter
the raffle to win a
gift card!



**The Wellness Recovery Team is conducting the
Spring 2026 Mental Health Consumer Perception
Survey (CPS/MHSIP) in person!**

**If you're receiving services in person, telehealth, or in the
community by a BMH staff member between MAY 18TH - 22ND
or have registered with Alameda County Behavioral Health
(ACBH) towards receiving services during that week, you are
invited to participate in our survey.**

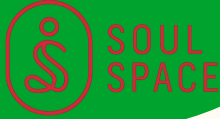
We look forward to your feedback!

For more information

**Jamie Works-Wright, Consumer Liaison
jworks-wright@berkeleyca.gov**



Berkeley
PUBLIC SCHOOLS



More Good Days Together

MINDFULNESS THROUGH THE AGES



Mental Health Awareness Month Event

FREE EVENT

- Activities for all ages
- Resource Tables
- Mindful Breakout Sessions
- Food, Prizes and Entertainment

Scan Or Click Here To Register

<https://shorturl.at/AxKOC>



FRIDAY, MAY 29th, 2026 4:00pm-7:30pm

West Berkeley Family Wellness Center
1900 Sixth St, Berkeley, CA 94710

CONTACT US

For More Information (510) 981.7624

Other Community Resources

Recovery Services

- **Options Recovery Services**
1835 Allston Way
Berkeley, CA 94704
(510)-463-1819
Mon-Fri : 9am-5pm
- **Alameda County Substance Use Access and Referral Helpline**
1-844-682-7215
- **Alameda County Narcotics Anonymous Helpline**
24-Hour Hotline
(510)-444-4673

Food/Housing/Shelter

- **Women's Daytime Drop-In Center**
2218 Acton St
Berkeley, CA 94702
Mon-Fri : 9am-1pm
- **Berkeley Food Network**
1925 9th Street
Berkeley, CA 94710
(510)-616-5383
- **Dorothy Day House**
1931 Center Street
Berkeley, CA 94704
(510)-705-1325

Volunteer/Employment and Inclusive Support Services

- **The Bread Project**
1615 University Avenue
(enter from California Street)
Berkeley, CA 94703
(510)-594-1702
- **BOSS (Building Opportunities for Self-Sufficiency)**
1918 University Ave, Suite 2A
Berkeley, CA 94704
(510)-649-1930
<https://www.self-sufficiency.org/>
- **Pacific Center for Human Growth**
(510)-548-8283
<https://www.pacificcenter.org/>
- **Ala Costa Center (Adult Program)**
3075 Adeline St, Suite 165
Berkeley, CA 94703
(510)-527-2550 ext. 205

Emergency Services

- **National Suicide Prevention Lifeline**
1-800-237-8255
- **Substance Abuse and Mental Health Services Administration**
1-800-662-4357
- **24 Hour Crisis Line (Alameda County, CA)**
1-800-309-2131
- **Alameda County Services**
<http://211alamedacounty.org/>



SAMHSA
Substance Abuse and Mental Health
Services Administration



RECOVERY IS POSSIBLE

988 Suicide & Crisis Lifeline

988 or 988Lifeline.org

Veterans Crisis Line

Dial 988 (press 1) Text 838255

SAMHSA's National Helpline

1-800-662-HELP (4357)

Disaster Distress Helpline

1-800-985-5990

FindSupport.gov FindTreatment.gov

We want to hear from you!

Come by or log in to participate in our fun
and engaging wellness groups!

Join our mailing list, and contact us below
for more info or questions about current
and future groups!



WellnessRecoveryTeam@berkeleyca.gov

Berkeley Mental Health
2640 Martin Luther King Jr. Way
Berkeley, CA 94704

**YOU
GOT
THIS!**