

Health Disparities Newsletter

Monthly Health Observances

May 2025

Fresno County Department of Public Health
Division of Health Policy and Wellness



Mental Health Awareness Month

Mental Health Awareness Month was founded in 1949 to highlight the significance of mental health and celebrate recovery from mental illness. For over two decades, the Substance Abuse and Mental Health Services Administration ([SAMHSA](https://www.samhsa.gov)) has observed Mental Health Awareness Month (MHAM) each May to raise awareness about the crucial role mental health plays in our overall health and wellness. To learn more about Mental Health Awareness Month visit www.samhsa.gov.



Image Source:
[SAMHSA, 2025](https://www.samhsa.gov).

Weekly Themes and Key Messages

- **Week 1: May 1-3 Supporting Older Adults' Mental Health**
 - As we age, life changes can affect mental health but support is available. Having open conversations along with mental health care can improve well-being and foster meaningful relationships.
- **Week 2: May 4-10 Building Strong Foundations for Children's Mental Health**
 - Supportive families, schools, and communities are key to helping children and adolescents build mental resilience and manage challenges. Early intervention and regular physical activity boost well-being and lead to positive outcomes.
- **Week 3: May 11-17 Hope and Support for Serious Mental Illness (SMI) and Serious Emotional Disturbance (SED)**
 - Recovery is possible. With early diagnosis, personalized treatment, and well-coordinated care, one can overcome challenges, lead stronger and healthier lives.
- **Week 4: May 18-24 The Connection Between Mental and Physical Health**
 - Mental and physical health are interconnected. For example, when people start eating healthy and going for walks, they feel happier and less worried.
- **Week 5: May 25-31 The Power of Community and Connection in Mental Health**
 - Healthy relationships, connected communities, and honest conversations play a vital role in supporting mental health, building resilience, and promoting recovery. This also helps break down stigma and motivate people to reach out for help.

Source: [SAMHSA, 2025](https://www.samhsa.gov).

Women's Health Month

National Women's Health Month starts each year on Mother's Day. We want to encourage **women and girls** to make their health a priority. Taking care of yourself includes caring for your **physical, mental, social, and emotional health**. There's a lot that you can do – from practicing healthy habits to making and keeping all health care appointments. We want to **celebrate the strength and determination of women** who choose to take control of their health. It is our priority to foster an environment where all **women feel supported and empowered to speak up** about their health needs and concerns.

Sources: [cdc.gov](https://www.cdc.gov), [womenshealth.gov](https://www.womenshealth.gov)



Image source:
arogyaworld.org, 2021.



To Live a Healthy Life in my 20s, 30s, 40s, 50s, 60s, and Beyond...

Pap Smear- Pap test or papanicolaou test that removes cells from the cervix and surrounding area to help detect **cervical cancer**.

Mammogram- X-ray of the breast that can help detect **breast cancer** early.

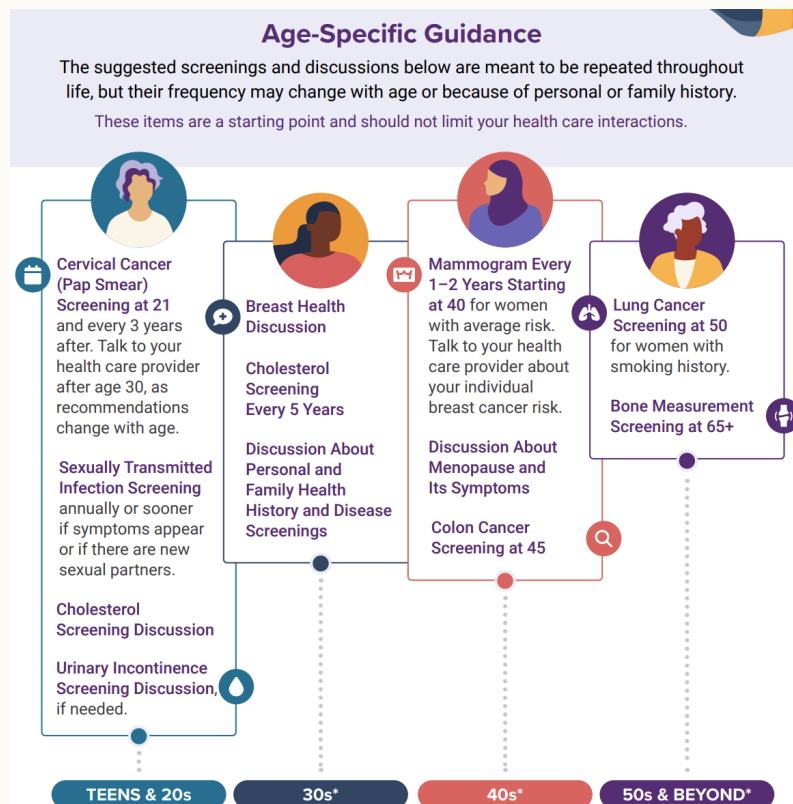
Colonoscopy- Procedure that lets your provider check inside of your entire colon to help detect **colon/colorectal cancer**.

Osteoporosis (DEXA scan)- X-ray that measures **bone density** to diagnose osteoporosis and predict fracture risk.

Shingles Vaccine (Shingrix)- Helps prevent shingles. Shingles is a **painful skin rash** caused by the reactivation of the **chickenpox virus**.

Low-dose Aspirin- Helps prevent **heart attacks and strokes**.

Pneumonia Vaccine- Helps prevent pneumonia, a **serious bacterial infection in the lungs**.



Click [here](#) to view image larger

Image source:
[womenshealth.gov](https://www.womenshealth.gov), 2025.

Mental Health Resources

- [988 National Suicide and Crisis Lifeline](#).
- [CalHOPE Warm Line](#): 1-833-317-4673.
- [Caregiver Help Desk](#): 1-855-227-3640.
- [Centro de Recursos de Salud Mental en Español](#)
- [Crisis Text Line](#): text 741741.
- [Dial 2-1-1](#) call 211.
- [Disaster Distress Helpline](#): call or text 1-800-985-5990.
- [Fresno County Department of Behavioral Health](#) provides services to help residents of Fresno County.
 - If you have a Behavioral Health Emergency, please call 9-1-1. For Access to Services or the Crises Line 1-800-654-3937.
 - [Mental Health Services Act \(MHSA\)](#)
- [National Domestic Violence Hotline](#): 1-800-799-7233 or 1-800-799-7233 for TTY.
- [Physician Support Line](#): 1-888-409-0141.
- [The Partnership For Drug-Free Kids Helpline](#): 1-855-378-4373.
- [The Trevor Project](#): call 1-866-488-7386 or text 678678.
- [Trans Lifeline](#): 1-877-565-8860.
- [1-833-TLC-MAMA](#): National Maternal Mental Health Hotline.

Local Mental Health Awareness Events:

- [Community Yoga at BLACK Wellness & Prosperity Center](#)- May 14, 2025 at 4pm.
- [1st Annual Spring Mental Health Fair](#)- May 17, 2025 at 10am.
- [Mental Health First Aid Training](#)- May 28, 2025 at 8am. [REGISTER HERE](#). Note: Registration is required and seating is limited.

Women's Health Resources

- CDC: Urgent Maternal Warning Signs, [English](#) and [Spanish](#).
- CDPH: Screening for Genetic Conditions and Birth Defects, [English](#).
- Mothertobaby.org: Critical Periods of Your Baby's Development, [English](#).
- NIH:
 - Pregnancy: Know Your Terms, [English](#) and [Spanish](#).
 - What if the "happiest time of your life" doesn't feel so happy?, [English](#) and [Spanish](#).
 - But are you prepared for the possibility of depression and anxiety?, [English](#) and [Spanish](#).
 - Action Plan for Depression and Anxiety around Pregnancy, [English](#) and [Spanish](#).
- Susan G. Komen: [Educational Resources](#) on breast health.
- UCSF Beyond the Pill: [Educational Materials](#) on reproductive health.
- The American College of Obstetricians and Gynecologists (ACOG): [The Menstrual Cycle](#).
- WIC, I'm Pregnant!, [English](#) and [Spanish](#).
- Womenshealth.gov: [Women's Health Toolkit](#).
- Women's Preventive Services Initiative (WPSI) Well-Woman Chart: [English](#) and [Spanish](#).

Local Women's Health Events:

- [Perinatal Substance Use Conference](#)- May 15, 2025 at 8am.

References

- Mental Health Awareness Month | [samhsa.gov](#)
- Women's Health Month | [womenshealth.gov](#)

Department of Public Health SharePoint

Click [here](#) to access more health education materials found in our SharePoint Library.

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