Acceptance is only going to begin to happen when we are brave enough to begin talking about it.

Dr. Tom Insel
Governor Newsom’s Key Advisor on Behavioral Health
“I tried to end my life when I was 14. When the overdose didn't work, my stepfather rushed me to El Camino Hospital. Days later, I entered the After-School Program Interventions and Resiliency Education (ASPIRE) program."

Dylan Titus
Help is available in every county in California

2 out of 3 Americans affected by mental illness don't get the treatment they need

NOW

Michael Fitzgerald leads a hospital's mental health care work.
NOW
Paul Rains builds relationships with his mental health center patients.

NOW
Clayton Chau breaks down mental health stigmas in Asian communities.
Now

Scott Robertson has worked in addiction treatment for 30 years.

Now

Mitch Gluck has decades of experience with mental health issues.