

May is Mental Health Awareness Month

May 8, 2021



Now is the time to raise awareness for those who live with mental or behavioral health issues, reduce stigma and take charge of your own mental health.

In partnership with the Del Norte County Behavioral Health Department and through our grant with the California Center for the Book, we are doing many projects this month and we invite you to join in.

Here are some of the ways you can get involved:

Hang out with Kati Morton

It is not too late to register for one of our webinars which consist of Q&As with qualified professionals such as Kati Morton, LMFT and author of *Are u OK*; Harjot Singh, M.D.; and Bernadette Johnson, LMFT. You can register for one webinar, two, or all three. These inspiring webinars are free to you and with your registration, you will receive a free copy of Kati Morton's book *Are u OK?: A Guide to Caring for Your Mental Health*, while supplies last. Register through our website at delnortecountylibrary.org.

Wear lime green

Wear your lime green during May to support Mental Health Awareness. If you post a photo of yourself in your lime green on Facebook and tag us, you will earn a stylish free "green" gift, while supplies last.

Talk about Mental Health

Share your story and watch how it inspires others to follow your example. You may do so on Facebook or Twitter and tag us for a fashionable gift, while supplies last. If you are interested in being interviewed and featured on our new YouTube channel, please contact us. We would love to support you and speak out with you.

Volunteer

Volunteer with Del Norte County Behavioral Health! There are a plethora of ways to get involved, such as art groups, shopping activities and daily living skills groups. Participants there often just need someone to listen to them or to teach them skills. For details, contact Chris Starets-Foote at chris.starets-foote@co.del-norte.ca.us or call (707) 464-7224 *2921.

Book to Action is sponsored by the California Center for the Book. Book to Action takes the basic book club concept and expands it to create a dynamic series of events for adults and intergenerational groups.

Library Relief Worker Vacancy

The Del Norte County Library District is seeking a Library Relief Worker to join our wonderful staff at the Crescent City and the Smith River branch. Position responsibilities include serving library patrons, library shelving and patron services and a variety of other library-oriented duties. Computer skills and interpersonal communication skills are needed. Must be willing to work evenings and weekends. The position requires regular lifting of books and other library materials up to 25 pounds. Library experience is not required but candidates will have a demonstrated ability to be trained and a willingness to accept and respond to direction.

The Library Relief Worker will work for the Library on a PRN basis (as needed). The work schedule will not be regular and this position is not eligible for employee benefits. The Library Relief Worker will report to the Library Director.

Apply through our website at delnortecountylibrary.org.