

Vikki Miller McDonald **DIGITAL**

WALK IN OUR SHOES

WHAT IS MENTAL HEALTH?

WHAT DOES "MENTAL HEALTH" MEAN?

Health is the way your body feels and works. Being healthy means more than just not being sick. When your body is healthy, you feel good. You are able to go to school, hang out with friends, and do the things you need to do every day.

A healthy mind lets you learn, play, and understand others. Mental health means having good ways to deal with your feelings and how to enjoy life, even when things are hard. Having a healthy mind and body are both very important. Everyone has good days and bad days. A bad day doesn't mean you have a mental illness, but you can still improve your mental health.

WHAT IS A MENTAL ILLNESS?

Everybody gets sick sometimes. When you have a sore throat, you might take medicine and sleep a lot. If you have a broken arm, you get a cast. Even teachers and parents get sick, and have to take medicine and rest to get better.

Just like physical illness, people can experience a mental illness anytime. You may hear people describe mental illness as a mental disorder, neurological disorder or a mental health challenge. Having a mental illness can change how you think, feel or act. It can sometimes make it harder to do the things you want to do. Just like when your body is sick and you go to a doctor, someone with a mental illness can go to a

puertoenmizapatos.org

PONTE EN MIS ZAPATOS

¿QUÉ ES LA SALUD MENTAL? RETOS DE SALUD MENTAL MITOS VS. REALIDAD AYUDAR Y RECIBIR AYUDA NUESTRAS HISTORIAS TUS ZAPATOS

¡QUÉ ES...?

DEPRESIÓN

¿TE SIENTES INTELIGENTE?

¿Qué aprendiste de la historia de María?

TOMA LA ENCUESTA Y YA VERÁS.

MÁS COSAS PARA HACER

MÁS HISTORIAS CREA UN ZAPATO

PARA ADULTOS ACERCA DE CALMHSA Y LA PROPUESTA 63 ACERCA DEL MOVIMIENTO DE SALUD MENTAL DE CALIFORNIA

WALK IN OUR SHOES

WHAT IS MENTAL HEALTH? MENTAL HEALTH CHALLENGES MYTHS VS FACTS GIVING & GETTING HELP OUR STORIES YOUR SHOES

HELLO! Are you curious about what it's like to be in someone else's shoes? Do you want to learn about other people's lives? Curiosity and learning are great, so lace up, strap on, or slip on your sneakers and let's learn about mental health. Learning about other people can help you understand that they're still a lot like you — they're just on a journey in different shoes.

SHOE GALLERY

Howi, Scarlett, Harry, Emma, José, Matt, Laura, Ryan, Zoey, Lucy

MYTHS LEARN MATT FACTS

GIVING HELP & GETTING HELP REAL STORIES

MENTAL HEALTH CHALLENGES FOR GROWN UPS

VIDEOS

ENGLISH ESPAÑOL

EACH MIND MATTERS CALMHSA

FOR GROWNUPS ABOUT CALMHSA AND PROP 63 ABOUT CALIFORNIA'S MENTAL HEALTH MOVEMENT

This program is funded by counties through the voter-approved Mental Health Services Act (Prop 63). It is one of several Prevention and Early Intervention Initiatives implemented by the California Mental Health Services Authority (CalMHSA), an organization of California counties working to improve mental health outcomes for individuals, families and communities. CalMHSA encourages the use of materials contained herein, as they are explained in our licensing agreements. To view the agreements, please visit: <http://calmhsa.org/documents/additional-resources>

WALK IN OUR SHOES

WHAT IS MENTAL HEALTH? MENTAL HEALTH CHALLENGES MYTHS VS FACTS GIVING & GETTING HELP OUR STORIES YOUR SHOES

School

WHAT IS... ADHD MENTAL ILLNESS

FEELING SMART? TAKE THE SURVEY!

MORE THINGS TO DO MORE STORIES MAKE A SHOE

ENGLISH ESPAÑOL

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WALK IN OUR SHOES

WHAT IS MENTAL HEALTH? MENTAL HEALTH CHALLENGES MYTHS VS FACTS GIVING & GETTING HELP OUR STORIES YOUR SHOES

MYTHS VS FACTS

MYTH
Kids can't get depression and anxiety disorders, only adults can.

FACT
Kids can develop a mental illness, like depression and anxiety disorders. This can happen to anyone at any age.

MYTH
Kids only get a mental illness because they have bad parents.

FACT
Mental illness is not caused by doing something wrong. You can't cause someone else to have a mental illness. Doctors think that mental illness is caused by a combination of things going on in your body and what's happening in your life.

MYTH
Mental illness is the same as being mentally disabled (sometimes incorrectly called mental retardation).

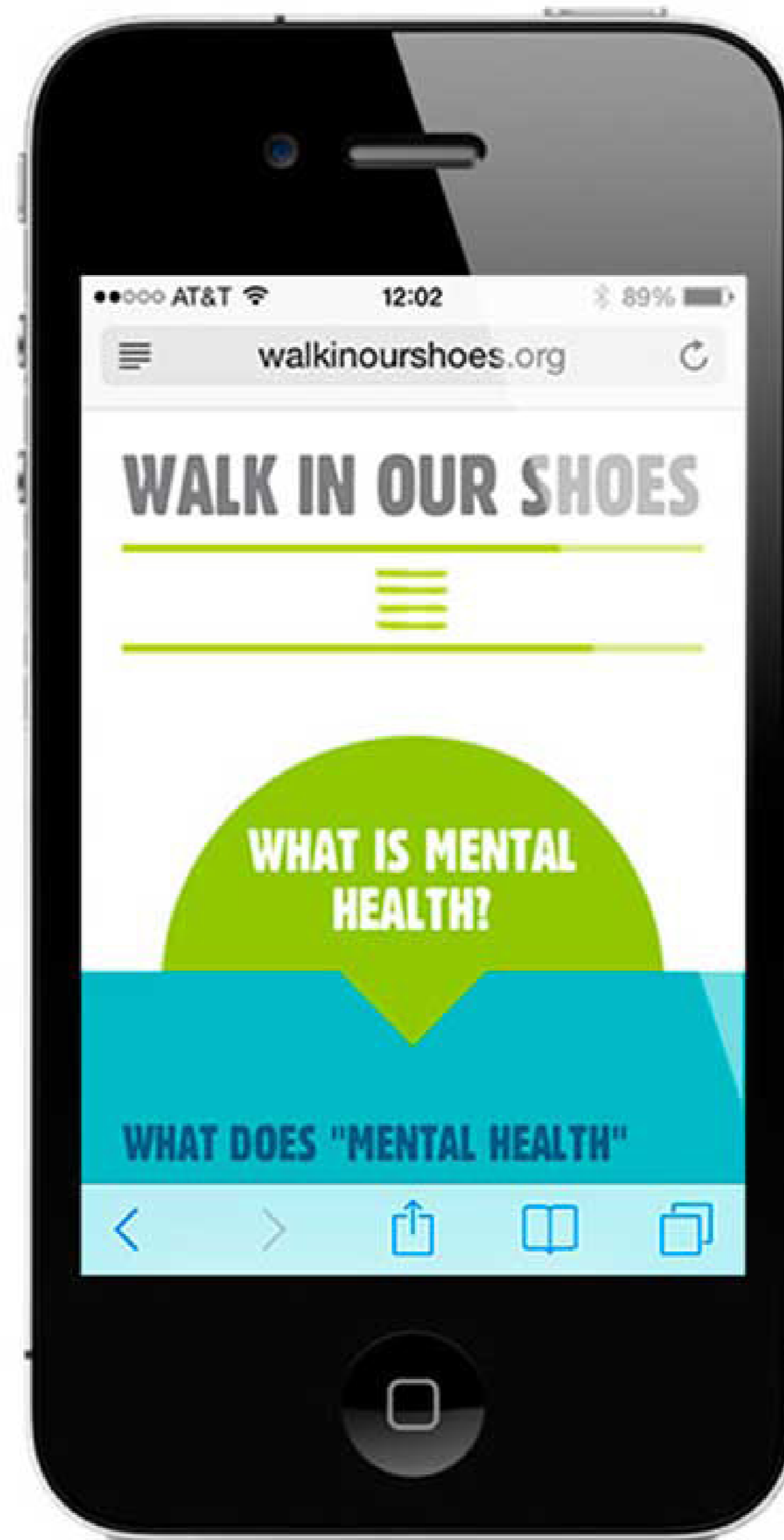
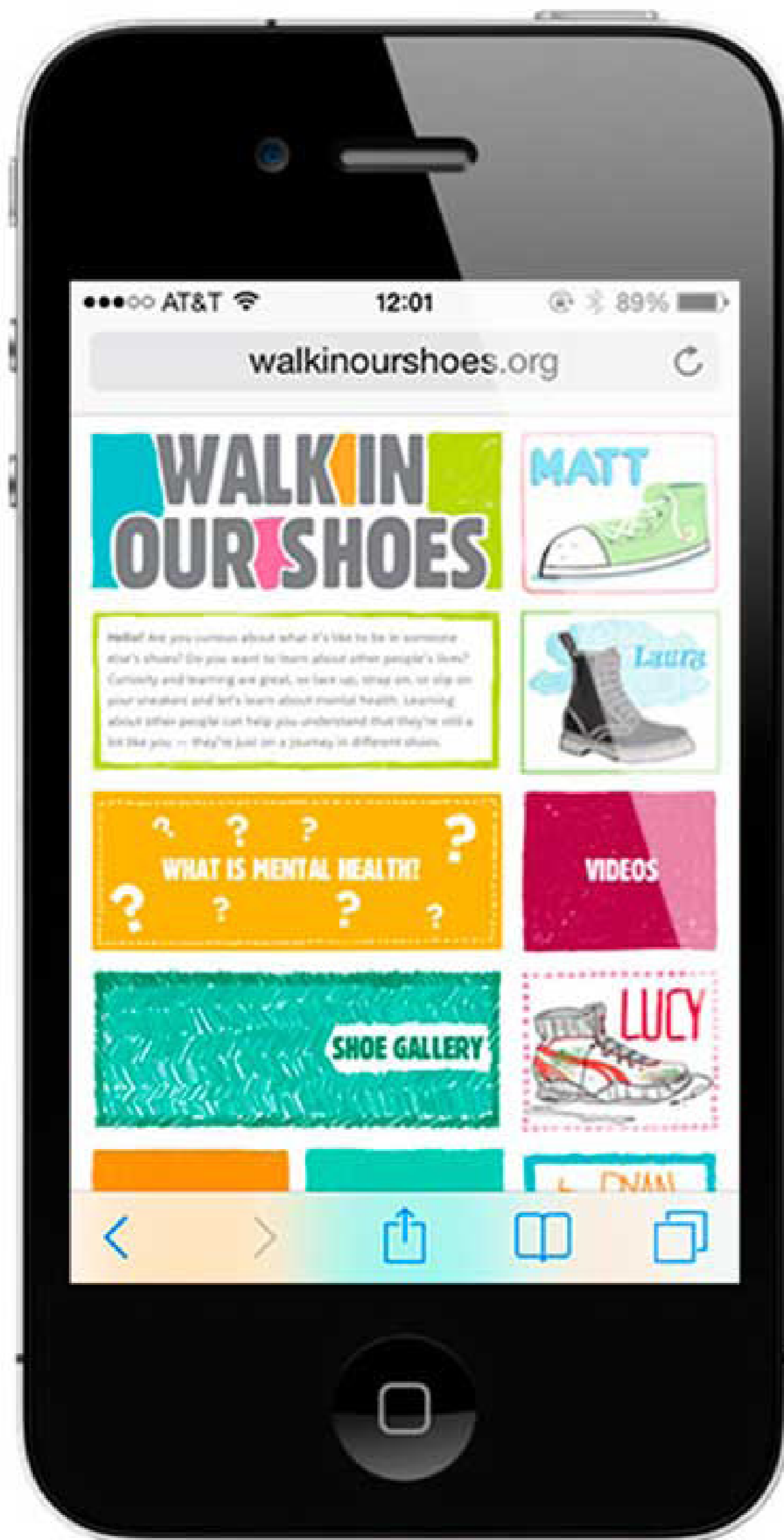
FACT
Mental illness has nothing to do with how smart you are. Mental disability is a cognitive disability which is a different journey with different challenges. Mental illness is a different journey with different challenges. Mental illness is not caused by doing something wrong. You can't cause someone else to have a mental illness. Doctors think that mental illness is caused by a combination of things going on in your body and what's happening in your life.

MYTH
Having a mental illness means you're a wimp who can't handle life.

FACT
Your personality or ability to handle your feelings doesn't cause mental illness. Mental illness isn't just something that goes away if you try hard. The combination of what helps is different for everyone.

Open "walkinourshoes.org/myths-vs-facts" in a new tab

WEB DESIGN





WHO SHOULD ALWAYS
wear their life jacket?



EVERYONE



EVERYONE AND THE DOG

Save Our
Water 



Produced under a grant from the Sport
Fish Restoration and Boating Trust Fund,
administered by the U.S. Coast Guard.





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ACCESS FOR ALL

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INTERNET TO ALL ANGELENOS.



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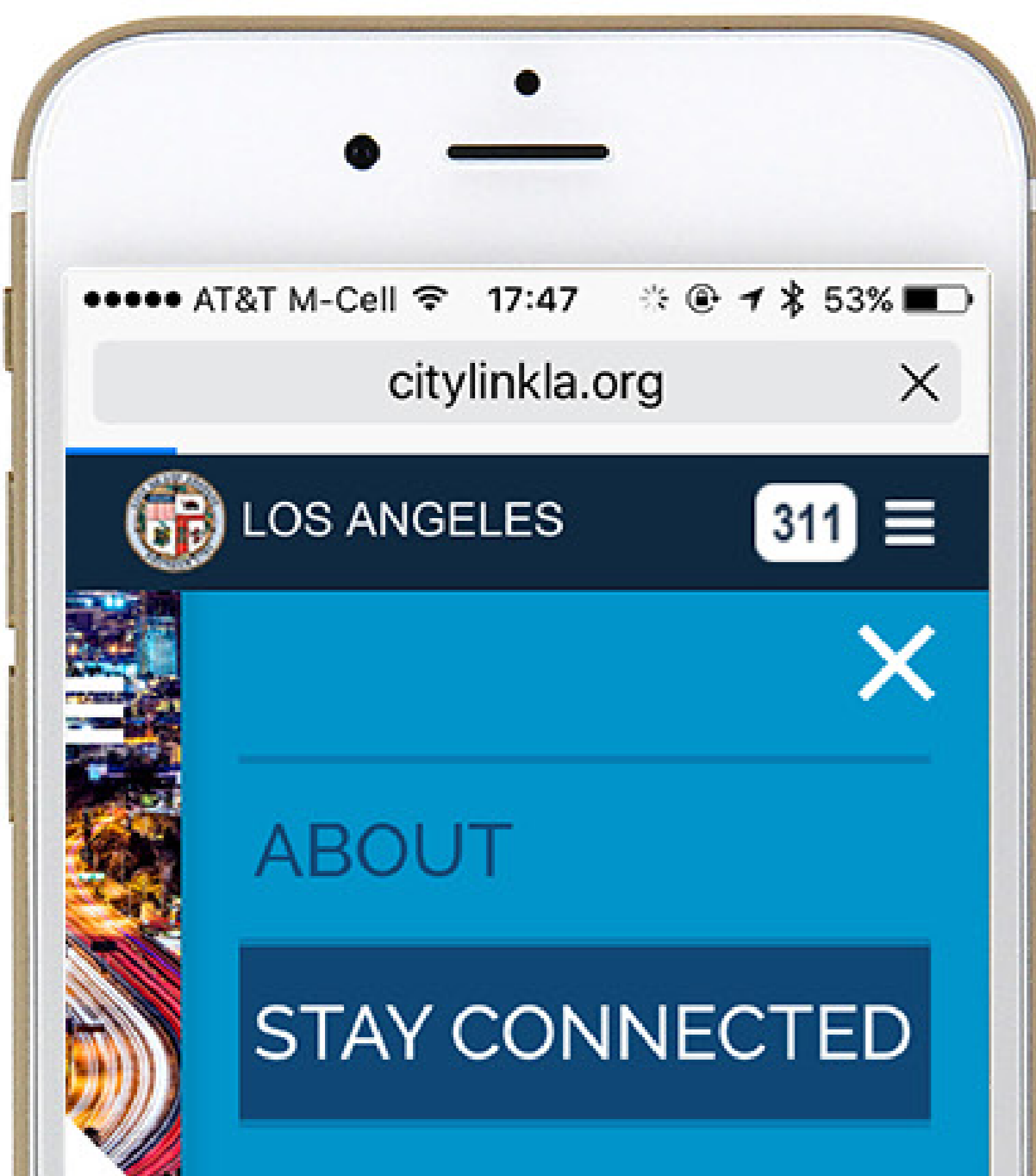
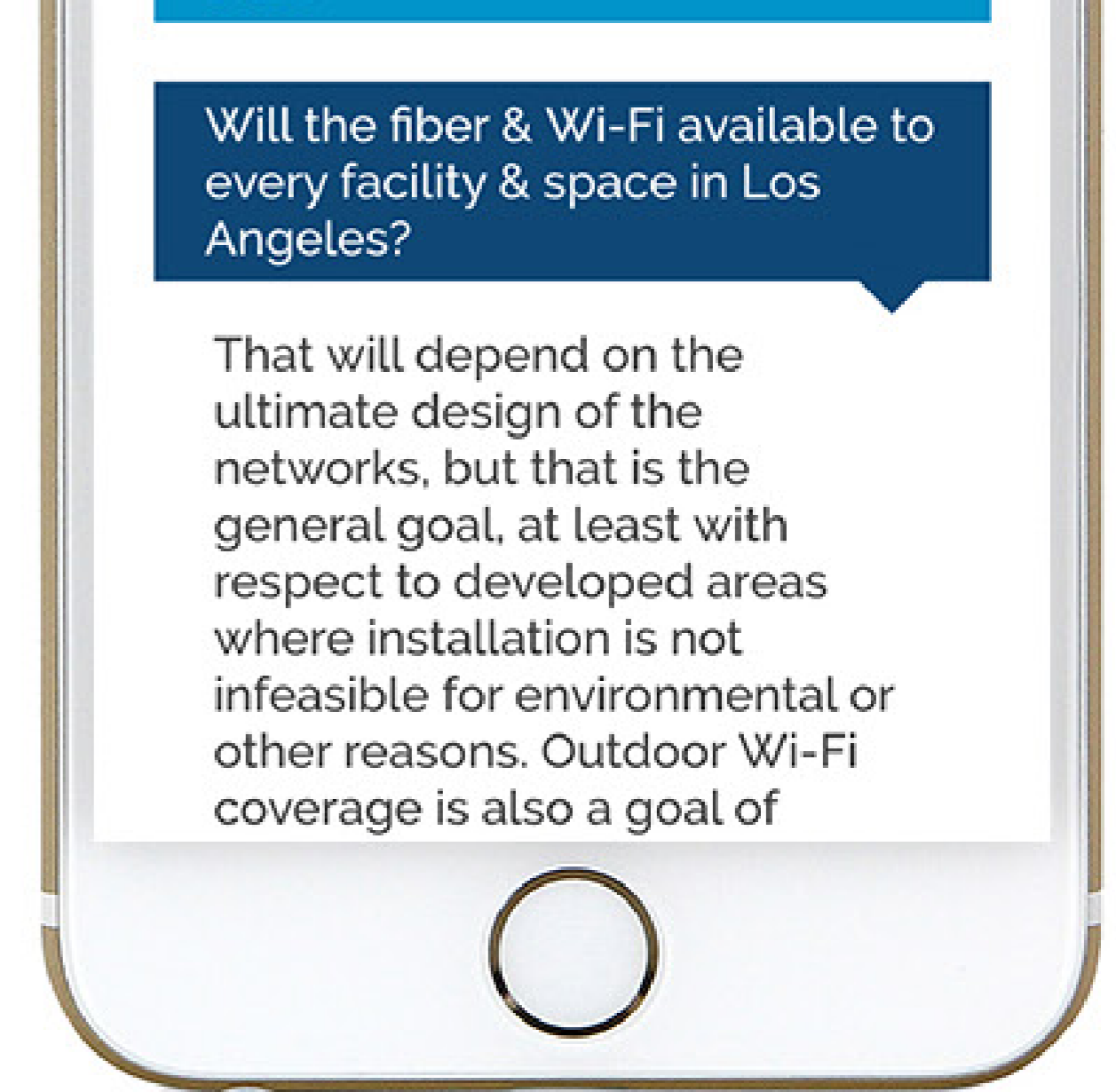
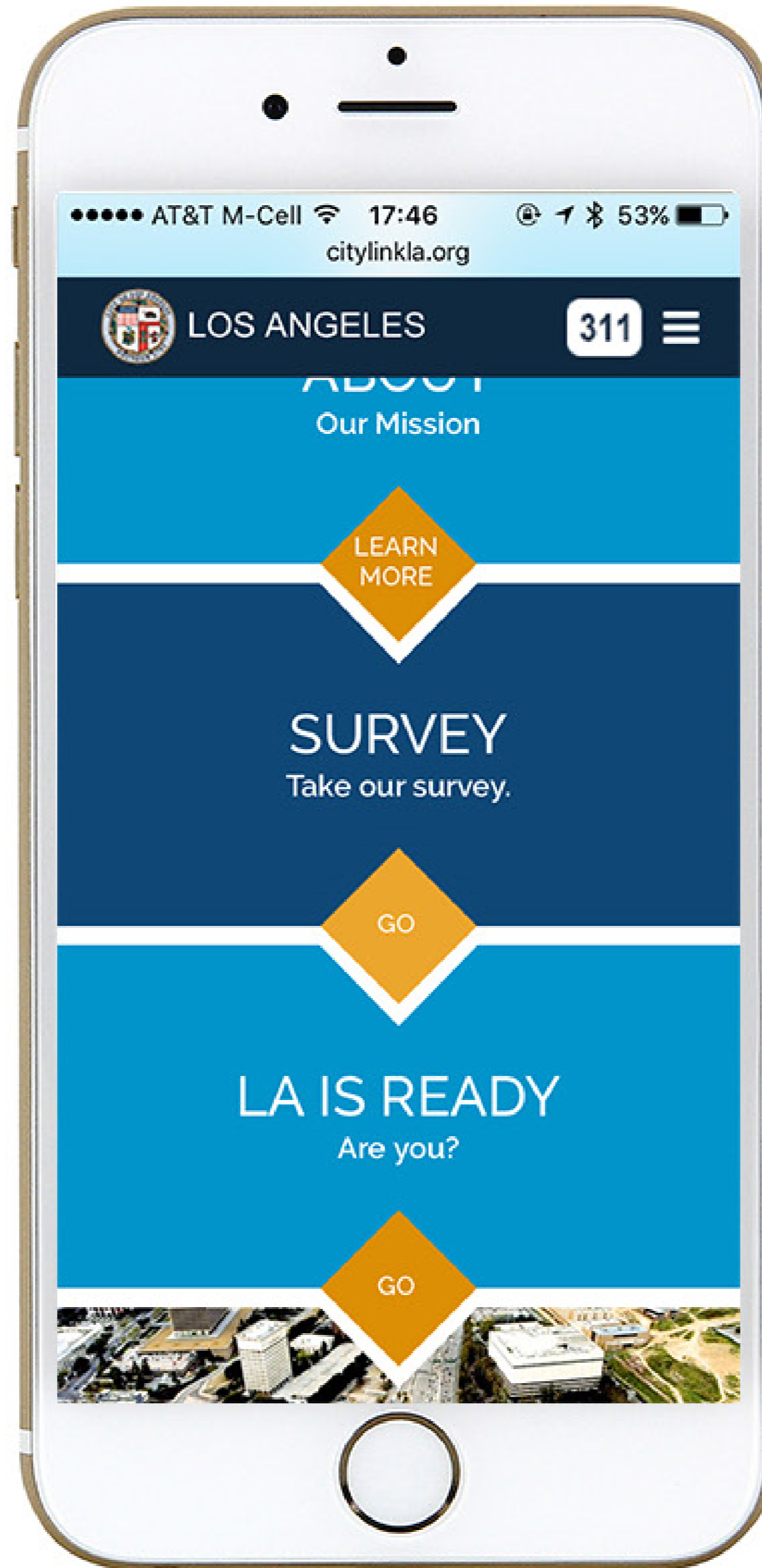
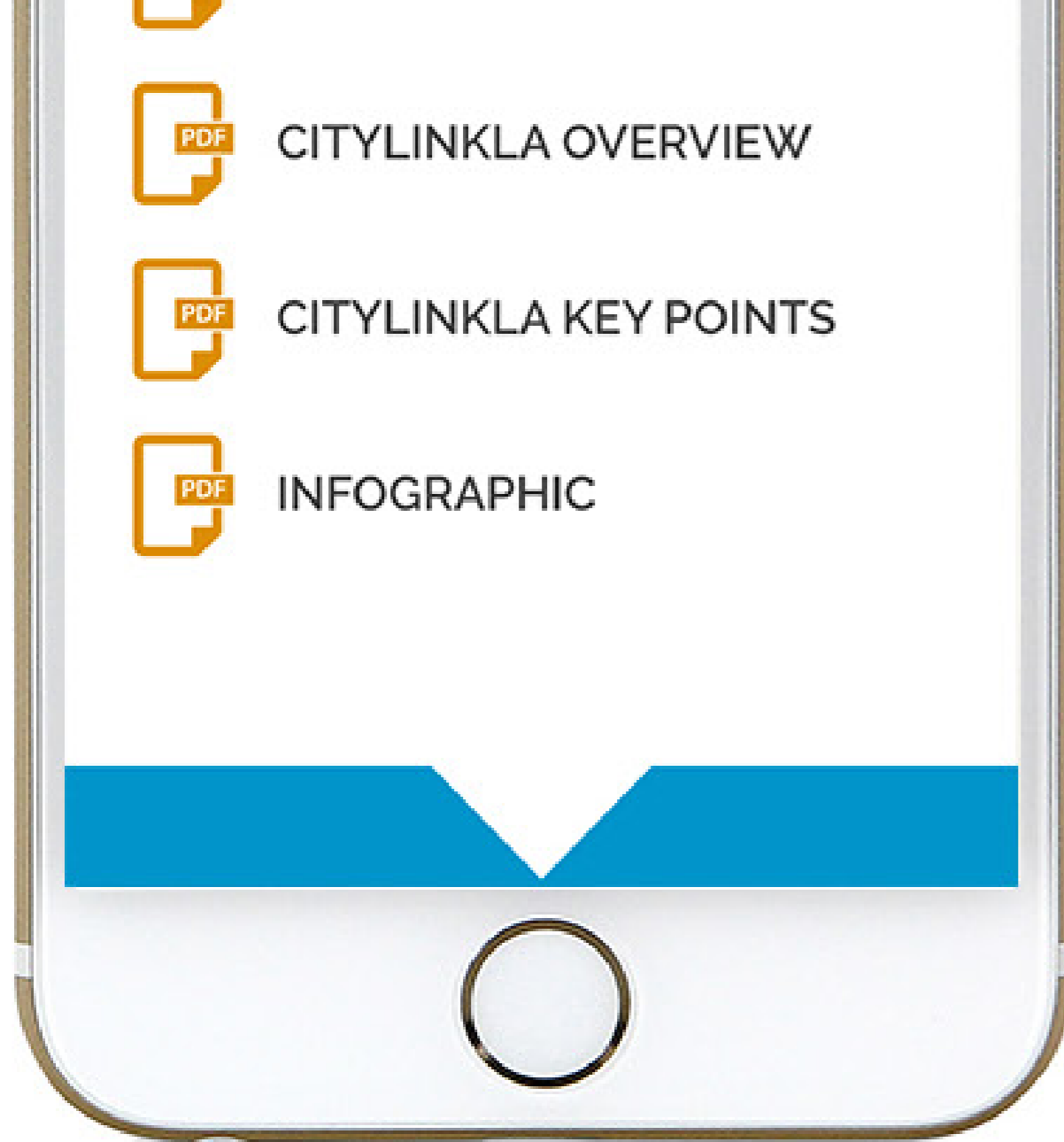
CONTACT

ABOUT
Our Mission

LEARN
MORE

SURVEY
Take our survey.

GO





Dull ex-girlfriend.
Bright lamp.

Donate her stuff to GOODWILL



Bad ex-boyfriend.
Great jeans.

Donate his stuff to GOODWILL



Cheating ex-boyfriend.
Trusty sweater.

Donate his stuff to GOODWILL



Foolish ex-husband.
Smart tie.

Donate his stuff to GOODWILL



Boyfriend.

Cheating Ex-Boyfriend.

Trusty Sweater.

Donate his stuff to Goodwill.

For a list of Goodwill locations
click here

CHAMPIONS for CHANGE™ EAT BETTER BE ACTIVE GET INVOLVED

ABOUT CONTACT TIPS & RESOURCES LANGUAGE/IDIOMA ENGLISH ESPAÑOL CANTONESE VIETNAMESE HANOI

IMAGE FOR PLACEMENT ONLY

YUMMY SHOULD BE HEALTHY
Check out these delicious healthy recipes.

BE BETTER DR. GOORE BELIEVES IN YOU
"We want our kids to have a chance to live a long, healthy life. So we're making important changes - starting with the way our families eat."

RETHINK YOUR DRINK
Swap the sodas for something better.

ACTIVITY IS KEY
Simple ways to get your 30 minutes of physical activity a day.

HEALTHY KIDS ARE HAPPY KIDS
Find easy tips to keep them active and eating healthy.

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CHAMPIONS for CHANGE™ EAT BETTER BE ACTIVE GET INVOLVED

ABOUT CONTACT TIPS & RESOURCES ESPAÑOL

Eat Better

CHOOSE MY PLATE

FOCUS ON FRUITS

HEALTHY SNACKS KIDS WILL LOVE

WHOLE GRAINS ARE A WHOLE LOT BETTER

EAT BETTER FOR LESS

RECIPES

MORE TIPS

BE BETTER GET INSPIRED BY DR. GOORE
"We want our kids to have a chance to live a long, healthy life. So we're making important changes - starting with the way our families eat."

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CHAMPIONS for CHANGE™ EAT BETTER BE ACTIVE GET INVOLVED

ABOUT CONTACT TIPS & RESOURCES ESPAÑOL

Recipes

Home > Eat Better > Recipes > Breakfast > Berry Banana Pancakes

BERRY BANANA PANCAKES

INGREDIENTS

- 1 large banana peeled and sliced
- 1 cup complete pancake mix
- 1/2 cup water
- Nonstick cooking spray
- 1 cup unsweetened frozen strawberries thawed and sliced
- 2 tablespoons orange juice

PREPARATION

- Place bananas in a medium bowl and mash with a fork.
- Add pancake mix and water; stir until blended.
- Spray a large skillet with nonstick cooking spray and heat over medium heat.
- Pour 1/4 cup batter for each pancake into hot skillet. Cook pancakes for about 2 minutes per side until fully cooked.

Topping

- To make the topping, spray a pan with nonstick cooking spray and heat over medium heat.
- Cook berries and orange juice for 3 minutes or until the berries are soft.
- Spoon topping over pancakes and serve.

NUTRITIONAL INFORMATION

Calories 106, Carbohydrate 24g, Dietary Fiber 2g, Protein 2g, Total Fat 1g, Saturated Fat 0g, Trans Fat 0g, Cholesterol 3mg, Sodium 182mg

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4 Comments

Add a comment...

Cody Reibel - San Francisco, California
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Karen Woodland
Sed eget eros nibh. Sed facilisis facilisis eros, vel cononecto sem.
Like · Reply · 2 · 10 mins

Karla Heer - St. Johns University
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Jeffrey Johnson
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Facebook Conversations Page

VEGETABLE BRUNCH PIE **ZUCCHINI MUFFINS**

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ABOUT CONTACT TIPS & RESOURCES ESPAÑOL

Tips & Resources

Home > Tips & Resources

CATEGORY

KEYWORD

RESET

SEARCH

HEALTHY EATING **PHYSICAL ACTIVITY** **WONDERFUL WATER**

HEALTHY KIDS **TRACK YOUR PROGRESS** **COMMUNITY INVOLVEMENT** **MEET OUR CHAMPIONS** **HEALTHY ON A BUDGET**

EAT BETTER BE ACTIVE GET INVOLVED ABOUT CONTACT TIPS & RESOURCES

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WEB DESIGN

ESPAÑOL



CHAMPIONS
for CHANGE™

EAT BETTER BE ACTIVE GET INVOLVED

CHOOSE MYPLATE



FOCUS ON FRUITS





KID FRIENDLY VEGGIES AND FRUITS




EATING BETTER ON A BUDGET





EATING BETTER ON A BUDGET


RECIPES




BE BETTER
GET INSPIRED BY DR. GOORE

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your phone to
feel
better



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Keep
going



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Now do
jumping
jacks



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You're doing
great



CHAMPIONS
for CHANGE™



Exercise improves
your mood



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I bet you
feel better already



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Click for
more tips



cal fresh

For CalFresh information, call 1-877-847-3663.
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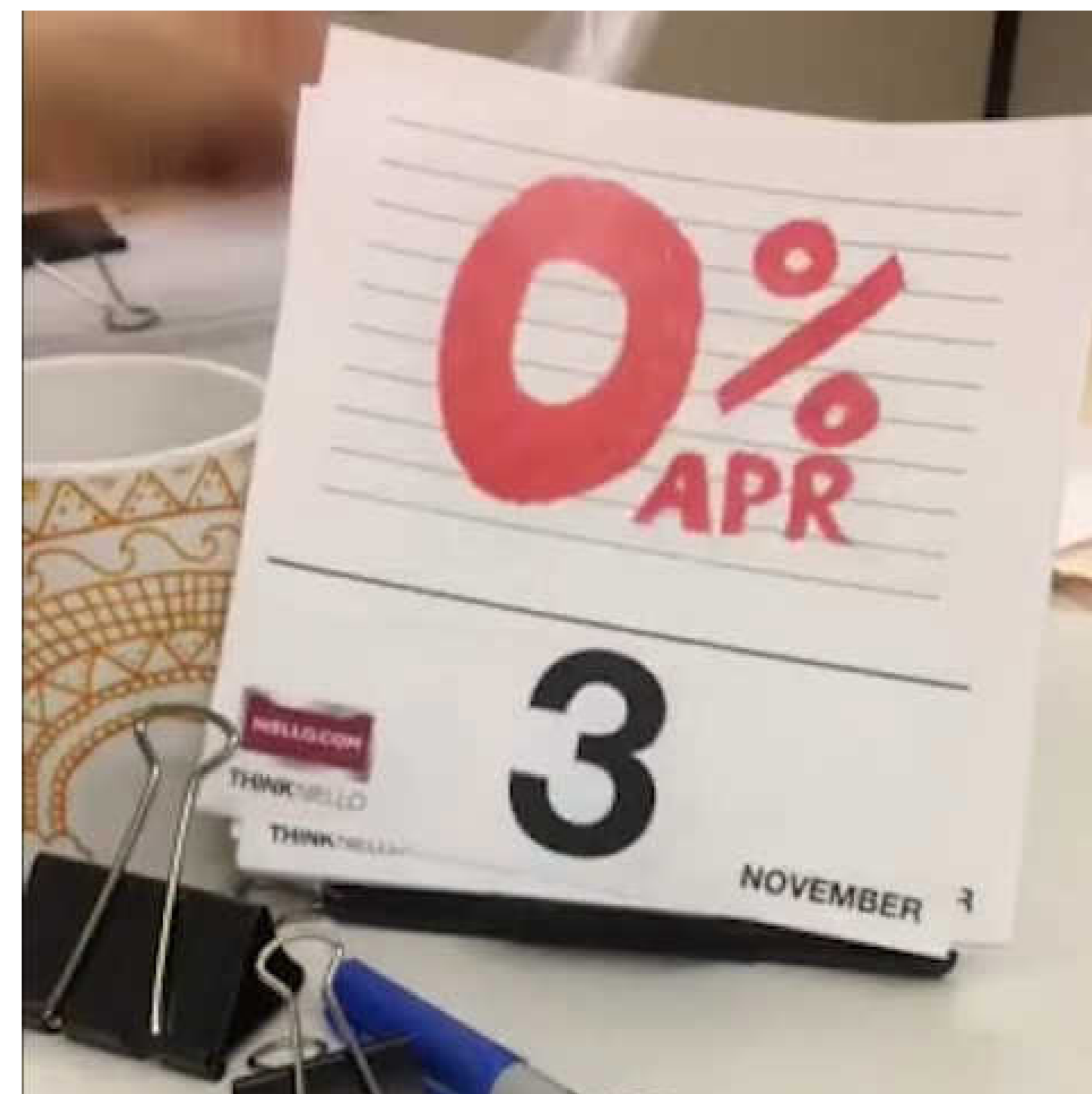
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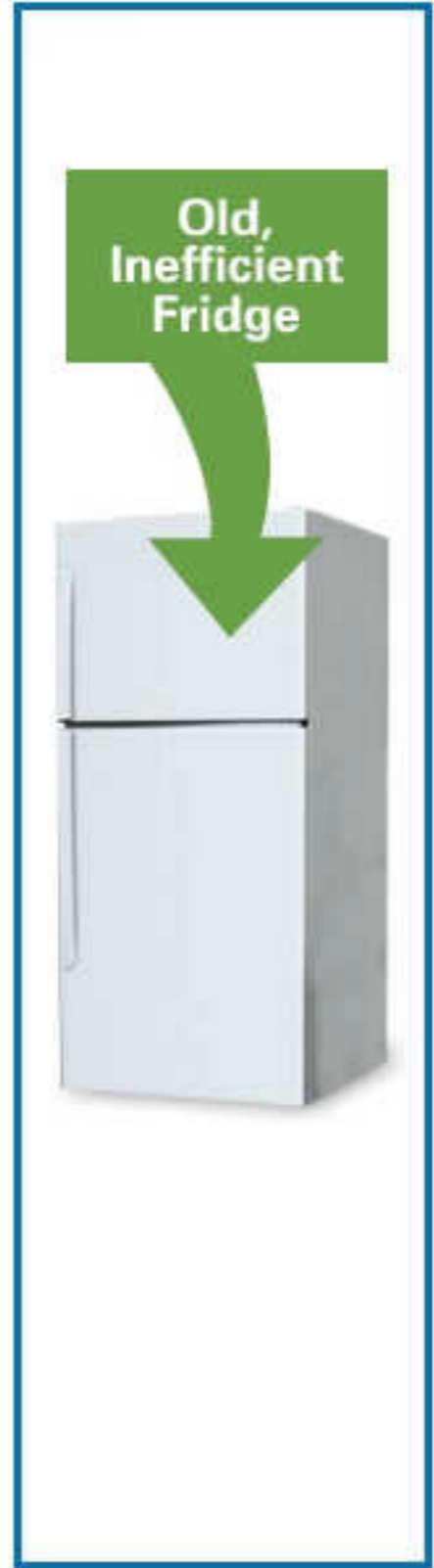
WEB DESIGN

It was more than music.





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Greater value.

 Western Health Advantage

advantage > you



Coverage we
can count on.

 Western Health Advantage

advantage > you



More choices
for our family.

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Young and Classy

You paid your dues. You did your time driving mom's minivan. You rocked the old station wagon with the broken radio. You didn't mind that your first car couldn't go 55 mph unless it was going downhill. But things are looking up. Your gear-grinding, engine-backfiring, oil-oozing days are over. It's time for a new car that reflects the classy new you.

Bring what you need

- ▶ Driver's license
- ▶ Paycheck stubs
- ▶ Proof of auto insurance (if you already have it)
- ▶ Social security number
- ▶ Bank information
- ▶ Classy driving gloves (not really, unless you already have some)



Decide What You Want

At this point you probably know all too well what kind of car you don't want. Now that you actually get to choose what you want, there's a lot to consider. Mull over your options below to help you decide what's most important to you and what vehicle will best suit your lifestyle.

COST

Niello has a range of vehicles from cute compact cars to swanky luxury rides, so let us know your price range and we can help you find a car that meets your needs.

YEAR

Like wine, cars vary by year and it's usually just a matter of personal preference. Selecting an age range below can help you narrow down your search.

MAKE

If you're partial to a particular automobile maker simply select them from our long list of Niello brands below. No preference? No problem. Just leave it blank and we can help you decide later.

STYLE & FEATURES

If you've always pictured yourself in a bright yellow hatchback with a spoiler and a sound system, this is your chance to consider the features that will be must-haves for your new car. Choose from a variety of colors, spoilers, systems, and other exciting options.


FUEL EFFICIENCY

With today's gas prices, fuel efficiency is a big factor when investing in a new car. Niello

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FUEL EFFICIENCY


With today's gas prices, fuel efficiency is a big factor when investing in a new car. Niello has a wide range of fuel efficient options, including TDI, hybrids, and electric vehicles. If you're not sure what fuel option is right for you, let us know that efficiency is a concern and we'll help you find the vehicle that will most efficiently get you from Point A to B.



Find What You Want

Niello's 14 locations are stocked with cars of all shapes, sizes and flavors. But it would take a long time to look at every car at every dealership, and you've already been patiently waiting for this day to arrive. Instead, browse our inventory virtually using our Scientific Inventory Search to find the perfect Niello vehicle that is waiting just as patiently for you.

SCIENTIFIC INVENTORY SEARCH



Get What You Need

The hard part is over. You've narrowed down what you want and where to find it. Your last step is to consider a few more options to make sure you get the right car for this phase in your life.

LEASE VS BUY **NEW CAR VS PRE-OWNED** **NIELLO VS OTHER PLACES**

LEASE
Leasing is a great way to get more car for less money. If you only have a small down payment saved up, leasing is a good option. Leasing also might be the way to go if having the newest high-tech features is important to you. Most leased cars are usually still covered under warranties, so while you are still responsible for maintenance, you can worry less about vehicle repairs.

BUY
If you want to keep your car for as long as possible, buying is probably the option for you. Even if you have to take out a loan, when you pay off the loan the car will belong to you. Another big benefit of buying over leasing is that there are no mileage restrictions. If you

NEW CAR
Buying a brand new car has many benefits. New vehicles don't usually need maintenance for the first several thousand miles, and usually won't need new tires, battery, exhaust system or brakes for the first few years of ownerships, or even longer. When you buy a new car, the manufacturer covers repairs for at least three years. Buying a new vehicle also provides peace of mind for the buyer and usually come with some level of free roadside assistance while the vehicle is under warranty.

PRE-OWNED
Buying a pre-owned car is a cost-effective and exciting option. If you have a limited budget, buying a pre-owned vehicle can allow you to get a quality car for a lower cost. While pre-owned cars don't usually have the same warranties as new ones, the

NIELLO
At Niello, we're not about pushing products. We are a family-owned business that has been in Northern California for over 90 years, so we strive to ensure that your experience is edifying and enjoyable. We've earned our reputation for excellent customer service through thousands of individual interactions with our customers and community. If you're not happy, neither are we, because we don't just want to sell you a car, we want to earn your trust.

OTHER PLACES
There's a reason why car buying has a reputation for being stressful and scary. When a dealership puts more value on moving product than on building trust, you could end up on the losing side of the deal. At Niello we believe buying a

Get What You Need

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ACURA Audi BMW FIAT INFINITI JAGUAR LAND ROVER MINI Maserati Porsche VW

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