

SUTTER-YUBA BEHAVIORAL HEALTH



MEDIA RELEASE

FOR IMMEDIATE RELEASE

CONTACT: Sutter-Yuba Behavioral Health – Community Prevention Team

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## **2<sup>ND</sup> Annual Bi-county walk to battle stigma and provide hope and resources for the half of us who will suffer from mental illness in our lifetime.**

### ***"Bridging Hope: A Walk for Suicide Awareness & Prevention"***

Sutter-Yuba Behavioral Health – Community Prevention Team will host their 2<sup>nd</sup> annual bi-county "Bridging Hope: A Walk for Suicide Awareness and Prevention" on Saturday, September 7, 2024, between the base of both bridges that cross over the Feather River levee between Marysville and Yuba City.

The free event begins with registration at 8 a.m. at the Yuba County Government Center, on the corner of 8<sup>th</sup> & I Street, Marysville, and will provide awareness and resources to prevent suicide in both Sutter and Yuba counties.

It is estimated that half of all Americans will suffer a diagnosable mental illness in their lifetime. According to the American Psychiatric Association, more than half of those with mental illness won't receive help for their disorders. Often, people avoid or delay seeking treatment due to concerns about being treated differently or fears of losing their jobs and livelihood. That's because stigma, prejudice, and discrimination against people with mental illness remain problematic.

The event aims to raise awareness for mental health and suicide prevention by bringing people together to reduce stigma and strengthen positive community relationships. There will also be resources from partner agencies from both Sutter and Yuba Counties, along with Mental Health professionals.

Participants in the walk will start towards the base in the corner of 8<sup>th</sup> & J Street by the Yuba County Government Center in Marysville and make way to the 10<sup>th</sup> Street bridge, across the levee towards the base of the 5<sup>th</sup> Street Bridge and loop back to the Yuba County Government Center.

To pre-register, go to Eventbrite <https://tinyurl.com/2024BridgingHope>. For more information about the event, contact the Community Prevention Team via email at [pei@co.sutter.ca.us](mailto:pei@co.sutter.ca.us) or Lucy Campos via email at [lcampos@co.sutter.ca.us](mailto:lcampos@co.sutter.ca.us) or phone at (530) 812-4909.