

STOP STIGMA
SACRAMENTO

MAY 6, 2026

12:00pm–1:00pm

**CDFA DISABILITY AWARENESS
COMMITTEE LUNCH & LEARN**

Mental Health Awareness Month

Stop Stigma Sacramento
The Facts about Mental Illness

When stigma, discrimination, and shame are removed from the equation, people living with mental illness may feel supported in enjoying everyday activities, seeking treatment, and achieving recovery.

Learning the facts about mental illness and mental health will help communities better understand this common health condition and eliminate stigma and discrimination in Sacramento County. Vast research shows that the earlier a mental illness is identified and treated, the better the chances are for full recovery.



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For Local Services Call 211

Guest Speaker:

**Marielle Vaughn-Hickman
M.A., Senior Mental
Health Counselor**

**Stop Stigma
Sacramento Project**

Topics:

Stop Stigma

**Speakers sharing
their lived mental
health experiences**

ZOOM

Meeting ID: 857 8482 8902

Passcode: \$qCNZqV5

**(or use QR code then
enter ID and passcode)**

