

Caring Helpers



Mental Health Systems, Inc. is excited to introduce an addition to our Building Bridges Together program in San Diego County.

This new program, **Caring Helpers**, will replicate training similar to our Building Bridges Together Program, by further developing our education and training for parents and youth, with a special outreach to Hispanic and Asian/Pacific Island communities.



Goals of the Caring Helpers Program:

- Identify and train young people to be leaders and youth mentors in order to help educate, and eliminate the stigmatism surrounding mental health.
- Identify and train parents to share culturally relevant information related to children's mental health within their own communities.
- Provide cultural and language sensitive trainings related to children's mental health for families throughout San Diego County.
- Collaborate with schools and community organizations to educate parents and youth about children's mental health.

Caring Helpers works to de-mystify and de-stigmatize mental health for families in San Diego County. We look forward to your continued support and involvement. Please let us know how we might be of assistance to your family, agency, school or organization.

*Don't forget about the BBT Information and Referral line at: **888-843-5800**, where we have bi-lingual staff waiting to answer your questions about any and all services available to San Diego families.*

858-513-3887

