



## **FREQUENTLY ASKED QUESTIONS**

**Promise To Talk activated by Mission Hospital, St. Joseph Hospital, and St. Jude Medical Center**

### **What is Promise To Talk?**

Promise To Talk is California’s Mental Health Movement created to unite millions of individuals who share a vision of improved mental health and equality for all. The statewide initiative is overseen by the California Mental Health Services Authority ([CalMHSA](http://www.CalMHSA.org)) and is funded through the voter-approved Mental Health Services Act, also known as Proposition 63.

### **What are Mission Hospital, St. Joseph Hospital, and St. Jude Medical Center’s role?**

Mission Hospital, St. Joseph Hospital, and St. Jude Medical Center are activating Promise To Talk in Orange County through a localized multilingual public outreach campaign designed to strengthen and amplify the movement at the grassroots level. Efforts include high-touch community outreach via in- neighborhood interaction and community event participation. The program also features a dedicated website, microsite and social media.

### **Why are Mission Hospital, St. Joseph Hospital, and St. Jude Medical Center activating Each Mind Matters locally?**

The Promise To Talk campaign aligns with Mission Hospital, St. Joseph Hospital, and St. Jude Medical Center’s commitment to improving the health and quality of life within the communities they serve.

### **What is the campaign’s key message?**

The focus is to encourage community members to talk openly and honestly about mental health with family, friends and community members. These conversations can lead to early support and help that reduces needless suffering and saves lives.

### **Where can community members get immediate emergency help?**

If you are feeling you need immediate assistance or if you are concerned about someone, there is help available right now. A trained counselor is ready to talk to you and provide help. Call the National Suicide Prevention Lifeline at 1-800-273-8255.

### **Where can people go to access local mental health service providers and resources?**

Whether you are looking for help for a loved one or yourself, there are numerous services and providers available. Promise To Talk has a list of Orange County resources at <http://www.promisetotalk.org/>

### **How do you know if someone has a mental illness?**

Only a mental health professional can diagnose a mental illness. If you think you are going through a difficult time with your personal mental health, it is important to ask for help and talk to family or friends. If you think someone you know is going through a difficult time, it is important for you to speak up or find someone you trust to do so. This is the first step to helping someone you care about get the support they need.



**Who are Mission Hospital, St. Joseph Hospital, and St. Jude Medical Center’s target audiences for Promise To Talk?**

The program is targeting all community members and encouraging them to join together and promise to open hearts and minds to a new understanding of mental wellness for everyone.

**Why is talking about mental health as a community so important?**

When it comes to health, our minds deserve the same attention as our bodies. Shame and embarrassment are barriers to mental wellness. They create fear, pain and injustice that stop people from reaching out for help when they need it. When we talk and help each other, we can improve our community.

**What are Mission Hospital, St. Joseph Hospital, and St. Jude Medical Center trying to achieve with its local Promise To Talk effort?**

The campaign reminds us that mental health is an integral part of each of us as humans. It is an opportunity to help create communities where everyone can readily find a path to the help or support they need.

**How do individuals participate in Promise To Talk locally?**

Joining with other community members to promise to talk or share their story with others to encourage open dialogue about mental health are great first steps. Individuals can do so at <http://www.promisetotalk.org>, through @PromiseToTalk via Facebook, Twitter or Instagram, or in person at events where each hospital and medical center are participating.

**Where can I share a mental health story?**

Everyone has their own journey with mental wellness. We are stronger and can accomplish more when we join together as a community to improve mental health and well-being. If you would like to inspire others and share your story with Promise To Talk activated by Mission Hospital, St. Joseph Hospital, and St. Jude Medical Center in Orange County, send a brief email to [PromiseToTalk@gmail.com](mailto:PromiseToTalk@gmail.com) with the subject line: Mental Health Story. You can also share stories directly with us on Facebook or Instagram and encourage others to do the same.

**What is the lime green park bench?**

A key program element for Mission Hospital, St. Joseph Hospital, and St. Jude Medical Center’s activation of Promise To Talk is a park bench adorned in lime green, the national color for mental health awareness. The portable bench and display is a reminder about the importance of starting a caring conversation about mental health in a safe, comfortable and familiar space. The bench is appearing throughout 2019 at local county events, community facilities, schools, shopping areas and more. Watch for the bench in your community so you can share photos and videos on social media with #TheGreenBench.

**What local groups are working with Promise To Talk?**

There are many organizations working together to help support and promote Promise To Talk in Orange County and across the state. To learn more about these groups locally, visit <http://www.promisetotalk.org/>. For statewide information, go to [eachmindmatters.org](http://eachmindmatters.org).



**Where can I learn more about Orange County's Promise To Talk program, activated by Mission Hospital, St. Joseph Hospital, and St. Jude Medical Center?**

Visit the program online at <http://www.promisetotalk.org>, or contact [promisetotalk@gmail.com](mailto:promisetotalk@gmail.com).

**How can I follow Promise To Talk on social media?**

You can follow Promise To Talk in Orange County on Instagram, Twitter and Facebook [@PromiseToTalk](#).

# # #