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RUHS Celebrates Mental Health Month with ‘The Art of Wellness’ Fairs Across Riverside County

MORENO VALLEY, CA (April 29, 2024)—Residents are invited to take part in The Art of Wellness, free, family-centric events hosted by Riverside University Health System—Behavioral Health (RUHS-BH). Held in May as part of Mental Health Month, the fairs will spotlight mental health with a variety of engaging activities aimed at enhancing wellness and providing education.

"RUHS is deeply committed to promoting well-being through education, support, and the dismantling of mental health misconceptions," said Dr. Matthew Chang, Director of Behavioral Health at RUHS. "We aim to build a community that knows more, cares more and lives healthier."

Guests of all ages can enjoy food, music, entertainment and games while learning about local resources and services for behavioral health and wellness. Additional county-provided resources, local non-profit organizations, and other agencies will be on hand to offer information and support related to housing, financial aid, behavioral health, physical health and more.

EVENT DETAILS:

- Indio: 11:30 a.m. to 4:30 p.m. on Thursday, May 2 at Coachella Valley History Museum, located at 82616 Miles Ave., in Indio
- San Jacinto: 11:30 a.m. to 4:30 p.m. on Thursday, May 9 at Valley-Wide Recreation & Park District, located at 901 W Esplanade Ave., in San Jacinto
- Riverside: 11:30 p.m. to 4:30 p.m. on Thursday, May 23 at Fairmount Park, located at 2601 Fairmount Blvd., in Riverside

Mental Health Month is recognized in May to increase awareness, promote healthy habits, and support those with behavioral health challenges. It serves as a time to educate the public on the importance of mental health and work towards reducing stigma to create a healthier community.

Last year, the American Psychological Association found that among adults aged 35 to 44, 50% were identified with mental health disorders such as anxiety, depression and stress-related conditions. Additionally, 16% of U.S. youth were reported to experience severe major depressive episodes. These findings underscore the extensive impact of collective trauma on mental health and highlight the crucial need for accessible mental health care and support services for individuals of all ages.

RUHS offers services, including Mental Health Urgent Cares for immediate assistance, Mobile Crisis Teams for on-site support, and prevention and early intervention services tailored for youth. These services are designed to provide appropriate and effective aid, ensuring that individuals facing mental health challenges can access the help they need.

For those in need of immediate assistance, dial 951-686-HELP for support.

Learn more: www.ruhealth.org/events.

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About Riverside University Health System

Riverside University Health System (RUHS) includes a 439-bed Medical Center in Moreno Valley, Calif., 14 Federally Qualified Community Health Centers, and the departments of Public and Behavioral Health. RUHS is Riverside County's safety net provider, offering high-quality, patient-centered care. With more than 8,000 staff members and over 125 years of experience, RUHS continues its commitment to and legacy of delivering exceptional, compassionate care with a focus on public health, behavioral health, community wellness, and medical education. Visit ruhealth.org to learn more.