



COUNTY OF NEVADA HEALTH & HUMAN SERVICES AGENCY

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Nevada County Launches Let's Talk Nevada County Campaign

NEVADA COUNTY – In challenging times, taking care of ourselves and others is important. Life can leave us feeling stressed, anxious and worried during good times, not to mention during a pandemic. In addition, the national dialogue around structural and institutionalized racism and inequality is bringing up a lot of emotions for people. That's why there is no better time than now to talk about how we're feeling. Let's talk, Nevada County.

With that in mind, today Nevada County is launching Let's Talk Nevada County, a campaign to promote awareness of wellness strategies and resources and encourage conversations about how we're feeling. Our goal is to remind each member of our community that self-care is critical right now, as is communication and connection with our natural networks of support. We need each other now more than ever (even if it can't be an in-person connection)! And when we need more than what our friends and family are able to provide us, professional helping services are available too. It's ok to not be ok all the time, and during hard times like this, it is very normal to need more support and connection.

Residents can learn more about the Let's Talk Nevada County campaign at its website www.LetsTalkNevadaCounty.org, including:

- Tips for taking care of yourself and others
- Resources to support wellness
- Upcoming events including community conversations
- Requests for mental health and suicide prevention trainings
- Social media toolkit and videos

Organizations and individuals are encouraged to share information about the Let's Talk Nevada County campaign with friends, family and community to raise awareness of available resources and to support wellness and best practices for taking care of ourselves and others. Share the social media

graphics on your Facebook or Instagram, add a link to the website in your email signature, or simply talk about this new campaign with your friends!

Let's Talk, Nevada County.

If you or someone you know needs help right now, call (530) 265-5811 or toll free at 1 (888) 801-1437. You can also call the National Suicide Prevention Lifeline at 1-800-273-8255 or text "HOME" to 741741.