

STRIVING FOR ZERO EXCELLENCE AWARDS

Striving
for
Zero

TARGETED APPROACHES

Captain Awesome

Shasta County Suicide Prevention Program

Captain Awesome is a men's mental wellness campaign designed to reduce stigma and encourage men to seek out support for their mental health when they need it.

The League of Awesomes" is made up of local men who champion mental well-being and resilience by sharing how they support their mental health.

The Men's Advisory Group (MAG) is a group of local men that offer feedback and ideas for the Captain Awesome campaign to ensure it continues to resonate with the men in Shasta County.

GET BACK TO BEING LIKE CAPTAIN AWESOME

CAPTAIN AWESOME GOES YARD

Donnell: "Being part of a team gives me a sense of belonging and teammates have given me support in difficult times."

JOIN US FOR A NIGHT AT THE BALLPARK
REDDING COLT 45S VS. HUMBOLT B-52S
FRIDAY, JUNE 21ST
GATES OPEN AT 6:30PM ; FIRST PITCH AT 7:15PM
TIGER FIELD: LOCATED IN SOUTH CITY PARK

For more tips and tools for managing your mental health, visit: captain-awesome.org

Shasta County Health & Human Services Agency

GET BACK TO FEELING LIKE CAPTAIN AWESOME

Darrell: "Physical activities help me to unwind and find a new perspective when I'm facing a problem."

Get tips, tools, and advice for mastering your mental wellness.

Captain-Awesome.org

Shasta County Health & Human Services Agency

Sponsored by Shasta County Health and Human Services Agency in conjunction with our many community partners and advisory boards. Funding provided through the Mental Health Services Act.

GET BACK TO FEELING LIKE CAPTAIN AWESOME

Get tips, tools and advice to tune up your mental wellness.

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SCAN ME TO VISIT
THE WEBSITE!



For questions about Captain Awesome, please email YouMatterShasta@co.shasta.ca.us or call 530-229-8426