<meta http-equiv="Content-Type" content="text/html; charset=utf-8"><body><!DOCTYPE HTML PUBLIC "-//W3C//DTD XHTML 1.0 Transitional //EN" "http://www.w3.org/TR/xhtml1/DTD/xhtml1-transitional.dtd" ><html><head> <!--ly, 6/2022, tr#252686--> <style id="IQEmailStyle"> /* Client-specific Styles */ body { width: 100% !important; margin: 0px;} .ReadMsgBody { width: 100%; } .ExternalClass { width: 100%; display:block !important; } /* Force Hotmail to display emails at full width */ /* Reset Styles */ body { margin:0; padding: 0; } img { outline: none; text-decoration: none; max-width :100%;} br, strong br, b br, em br, i br { line-height: 100%; } h1, h2, h3, h4, h5, h6 { line-height: 100% !important; -webkit-font-smoothing: antialiased; } /*ly, tr#221562, add same margin as margin-block-start/end*/ h1{margin-top:0.67em;margin-bottom:0.67em;} h2{margin-top:0.83em;margin-bottom:0.83em;} h3{margin-top:1em;margin-bottom:1em;} h4{margin-top:1.33em;margin-bottom:1.33em;} h5{margin-top:1.67em;margin-bottom:1.67em;} h6{margin-top:2.33em;margin-bottom:2.33em;} table td, table tr { border-collapse: collapse; } p { margin-bottom: 1em; } table.menu-change a { text-decoration:none; } /* pre-header */ .preheader { display:none !important; visibility:hidden; mso-hide:all !important; font-size:0px; color:#ffffff; line-height:0px; max-height:0px; max-width:0px; opacity:0; overflow:hidden; } </style> <style id="IQCustomStyle"></style> <style id="IQMobileStyle" type="text/css"></style> <meta name="viewport" content="width=device-width,initial-scale=1.0,user-scalable=0,minimum-scale=1.0,maximum-scale=1.0 <body id="newsletterBody" class="" data-new-gr-c-s-check-loaded="14.1193.0" data-gr-ext-installed="" data-new-gr-c-s-loaded="14.1193.0"><div id="newsletterContent" class=""> <style> p { margin-bottom:1em; } </style> <table class="container" border="0" width="100%" cellspacing="0" cellpadding="0"> <tbody> <tr> <td> <p style="color: #999999; font-family: Arial; font-size: 10px; text-align: center;">News from Representative Costa<br> <br><a href="https://iqconnect.house.gov/iqextranet/view_newsletter_setup.aspx?link=CA16JC%2501103743% target="_blank">Click here to open this e-mail in its own browser window</a>     <a href="https://iqconnect.house.gov/iqextranet/view_newsletter_setup.aspx?plain_text=Y&amp;link=CA16 target="_blank">Click here to open a plain text version of this email</a> </p> <table class="bg-change" style="margin: 0px auto; border: 2px solid #0d4f82; width: 13px;" border="0" width="640px" cellspacing="0" cellpadding="0" align="center"> <tbody><!-- Banner --> <tr> <td style="width: 640px;" colspan="2" align="center"><img width="640" style="display: block; margin: 0 auto; max-width: 100%;;" title="CA23_2023_1.png" src="https://iqconnect.house.gov/iqextranet/Customers/CA16JC/CA23_2023_1.png" alt="Image"></td> </tr> <!-- /Banner --> <!--- Menu --> <!--- /Menu --> <!-- Content --> <tr> <td style="width: 640px;" colspan="2"> <table class="body-zone" border="0" width="640px" cellspacing="0" cellpadding="0" align="left"> <tbody class=""> <tr class=""> <td class="content-change width-change general-change textedit" style="width: 640px; padding: 0px; font-family: 'Book Antiqua', palatino; font-size: 11pt; vertical-align: top;

background-color: #ffffff; color: #313941;" align="left" width="460"><table class="button-change" style="width: 100.17%; font-family: Arial, sans-serif; height: 50px;" border="0" cellspacing="0" cellpadding="0"> <tbody class="ui-sortable"> <tr style="height: 50px;"> <td style="width: 14.7264%; height: 50px; text-align: center;"><a href="https://iqconnect.house.gov/iqextranet/iqClickTrk.aspx?&amp;cid=CA16JC&amp;crop=15113QQ( target="_blank" rel="noopener"><img width="88" style="display: block; max-width: 100%;; margin: 0px auto 0px auto;" title="Contact-Me-Icon.png" src="https://iqconnect.house.gov/iqextranet/Customers/CA16JC/Contact-Me-Icon.png" alt="Image" height="88"></a></td> <td style="width: 14.5326%; height: 50px; text-align: center;"><a href="https://iqconnect.house.gov/iqextranet/iqClickTrk.aspx?&amp;cid=CA16JC&amp;crop=15113QQ( target="_blank" rel="noopener"><img width="88" style="display: block; max-width: 100%;; margin: 0px auto 0px auto;" title="Press-Icon.png" src="https://iqconnect.house.gov/iqextranet/Customers/CA16JC/Press-Icon.png" alt="Image" height="88"></a></td> <td style="width: 14.845%; text-align: center; height: 50px;"><a href="https://iqconnect.house.gov/iqextranet/iqClickTrk.aspx?&amp;cid=CA16JC&amp;crop=15113QQ( target="_blank" rel="noopener"><img width="88" style="display: block; max-width: 100%;; margin: 0px auto 0px auto;" title="Flags-Icon.png" src="https://iqconnect.house.gov/iqextranet/Customers/CA16JC/Flags-Icon.png" alt="Image" height="88"></a></td> <td style="width: 13.7561%; height: 50px; text-align: center;" align="center"><img width="71" style="display: block; max-width: 100%;; margin: 0px auto;" title="02262023_123512.png" src="https://iqconnect.house.gov/iqextranet/Customers/CA16JC/02262023_123512.png" alt="Image" height="71"></td> <td style="width: 14.3567%; height: 50px; text-align: center;"><a href="https://iqconnect.house.gov/iqextranet/iqClickTrk.aspx?&amp;cid=CA16JC&amp;crop=15113QQ( target="_blank" rel="noopener"><img width="88" style="display: block; max-width: 100%;; margin: 0px auto 0px auto;" title="Capitol-Tours-Icon.png" src="https://iqconnect.house.gov/iqextranet/Customers/CA16JC/Capitol-Tours-Icon.png" alt="Image" height="88"></a></td> <td style="width: 13.5356%; text-align: center; height: 50px;"><a href="https://iqconnect.house.gov/iqextranet/iqClickTrk.aspx?&amp;cid=CA16JC&amp;crop=15113QQ( target="_blank" rel="noopener"><span style="font-size: 8pt;"><strong><span style="font-family: 'book antiqua', palatino; text-align: center;"><img width="88" style="display: block; max-width: 100%;; margin: 0px auto 0px auto;" title="Grants-Icon.png" src="https://iqconnect.house.gov/iqextranet/Customers/CA16JC/Grants-Icon.png" alt="Image" height="88"></span></strong></span></a></td> <td style="width: 18.7124%; height: 50px;"><a href="https://iqconnect.house.gov/iqextranet/iqClickTrk.aspx?&amp;cid=CA16JC&amp;crop=15113QQ( target="_blank" rel="noopener"><span style="font-size: 8pt;"><strong><span style="font-family: 'book antiqua', palatino; text-align: center;"><img width="88" style="display: block; max-width: 100%;; margin: 0px auto 0px auto;" title="Agency-Icon.png" src="https://iqconnect.house.gov/iqextranet/Customers/CA16JC/Agency-Icon.png" alt="Image" height="88"></span></strong></span></a></td> </tr> </tbody> </table></td> </tr> <tr> <td class="content-change width-change general-change textedit" style="width: 640px; padding: 3px 10px 15px; font-family: 'Book Antiqua', palatino; font-size: 14px; vertical-align: top; background-color:

#ffffff; color: #313941;" align="left" width="460"> <p>Dear Friend, </p> <p>September is <strong>National Suicide Prevention Month</strong>, a crucial time to bring awareness and confront the stigma around mental health. People often suffer in silence due to the fear of judgment and shame. This narrative must change to ensure everyone feels comfortable seeking help in their darkest moments.   </p> <p>To address and break this stigma, Congressman Costa cosponsored, voted, and is advocating for legislative solutions, including:  </p> <ul> <li><a href="https://iqconnect.house.gov/iqextranet/iqClickTrk.aspx?&amp;cid=CA16JC&amp;crop=15113QQ target="_blank" rel="noopener"><strong>S.2938 – Bipartisan Safer Communities Act</strong>:</a> Protects children and reduce the threat of gun violence across the country. Requires an investigative period to review juvenile and mental health records, including checks with state databases and local law enforcement, for buyers under 21 years of age. Invests in programs to expand mental health and supportive services in schools, which will help train more mental health service providers, improve safety, and enhance student learning.  </li> <li><a href="https://iqconnect.house.gov/iqextranet/iqClickTrk.aspx?&amp;cid=CA16JC&amp;crop=15113QQ target="_blank" rel="noopener"><strong>H.R.6451 – Mental Health Justice Act of 2023</strong>:</a>  To amend the Public Health Service Act to authorize grants to States, Indian Tribes, Tribal organizations, and political subdivisions thereof to hire, employ, train, and dispatch mental health professionals to respond in lieu of law enforcement officers in emergencies involving one or more persons with a mental illness or an intellectual or developmental disability, and for other purposes. </li> <li><a href="https://iqconnect.house.gov/iqextranet/iqClickTrk.aspx?&amp;cid=CA16JC&amp;crop=15113QQ target="_blank" rel="noopener"><strong>H.R.4884 – Mental Health for Latinos Act of 2023:</strong></a> Requires the Substance Abuse and Mental Health Services Administration to develop and implement an outreach and education strategy regarding behavioral health issues among the Hispanic and Latino populations. Strategy is design to promote behavioral and mental health and reduce stigma associated with mental health conditions and substance abuse among such populations.  </li> <li><a href="https://iqconnect.house.gov/iqextranet/iqClickTrk.aspx?&amp;cid=CA16JC&amp;crop=15113QQ target="_blank" rel="noopener"><strong>H.R.3850 – Pride in Mental Health Act of 2023:</strong></a> Establishes grants and reporting requirements concerning the mental and behavioral health of youth who are lesbian, gay, bisexual, queer or questioning, nonbinary, intersex, or Two-spirit (gender-variant members of indigenous communities). SAMHSA must award grants to assess and improve mental health and substance abuse outcomes for those youth. Recipients may use grants for providing mental and behavioral health resources for such youth and collecting data.  </li> <li><a href="https://iqconnect.house.gov/iqextranet/iqClickTrk.aspx?&amp;cid=CA16JC&amp;crop=15113QQ target="_blank" rel="noopener"><strong>H.R.3432 – Telemental Health Care Access Act of 2023:</strong></a> Eliminates certain restrictions relating to Medicare coverage of mental health services that are provided through telehealth.  </li> </ul> <p>As National Suicide Prevention Month approaches us, it is essential to remind oneself and others about the importance of mental health. Together, we can break the stigma and create a community where mental health is a priority, and no one must face their challenges alone.  </p> <p>If you or someone you know is struggling,

please use these resources:  </p> <ul> <li><a
href="https://iqconnect.house.gov/iqextranet/iqClickTrk.aspx?&amp;cid=CA16JC&amp;crop=15113QQ(
target="_blank" rel="noopener"><strong>National Suicide Prevention
Lifeline:</strong> </a>Call 9988 for immediate support </li> <li><a
href="https://iqconnect.house.gov/iqextranet/iqClickTrk.aspx?&amp;cid=CA16JC&amp;crop=15113QQ(
target="_blank" rel="noopener"><strong>Crisis Text Line:</strong></a> Text HOME
to 741741 to connect with a volunteer Crisis Counselor. Free confidential 24/7
support.</li> <li><a
href="https://iqconnect.house.gov/iqextranet/iqClickTrk.aspx?&amp;cid=CA16JC&amp;crop=15113QQ(
target="_blank" rel="noopener"><strong>Veterans Crisis Line:</strong> </a>Call
1-800-273-8255, and Press 1, chat online, or send a text message to
838255.  </li> <li><a
href="https://iqconnect.house.gov/iqextranet/iqClickTrk.aspx?&amp;cid=CA16JC&amp;crop=15113QQ(
target="_blank" rel="noopener"><strong>Find Local Support Groups
(MHA) </strong></a></li> <li><a
href="https://iqconnect.house.gov/iqextranet/iqClickTrk.aspx?&amp;cid=CA16JC&amp;crop=15113QQ(
target="_blank" rel="noopener"><strong>Finding Help &amp;
Treatment </strong></a></li> <li><a
href="https://iqconnect.house.gov/iqextranet/iqClickTrk.aspx?&amp;cid=CA16JC&amp;crop=15113QQ(
target="_blank" rel="noopener"><strong>California Department of Healthcare
Services </strong></a></li> </ul></td> </tr> <tr> <td
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