

From: "Rep. Jim Costa" <CA21JCima@mail.house.gov> To: Isabelle.Moser@mail.house.gov Subject: Representative Costa responding to your message Date: Wed, 04 Sep 2024 17:10:54 -0400 <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\*/

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h2{margin-top:0.83em;margin-bottom:0.83em;}

h3{margin-top:1em;margin-bottom:1em;}

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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; }

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<br><a

href="https://iqconnect.house.gov/iqextranet/view\_newsletter\_setup.aspx?link=CA16JC%25011037439"

target="\_blank">Click here to open this e-mail in its own browser window</a>

&nbsp; &nbsp; <a

href="https://iqconnect.house.gov/iqextranet/view\_newsletter\_setup.aspx?plain\_text=Y&link=CA16JC%25011037439"

target="\_blank">Click here to open a plain text version of this email</a> </p>

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Content --> <tr> <td style="width: 640px;" colspan="2"> <table

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style="font-family: 'book antiqua', palatino; text-align: center;"></span></strong></span></a></td> </tr> </tbody>  
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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.&nbsp;&nbsp; </p> <p>To address and break this stigma, Congressman Costa cosponsored, voted, and is advocating for legislative solutions, including:&nbsp;  </p> <ul> <li><a

href="https://iqconnect.house.gov/iqextranet/iqClickTrk.aspx?&cid=CA16JC&crop=15113QQQ" 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.&nbsp;&nbsp; </li> <li><a

href="https://iqconnect.house.gov/iqextranet/iqClickTrk.aspx?&cid=CA16JC&crop=15113QQQ" target="\_blank" rel="noopener"><strong>H.R.6451 – Mental Health Justice Act of 2023</strong>:</a>&nbsp;  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.&nbsp;  </li> <li><a

href="https://iqconnect.house.gov/iqextranet/iqClickTrk.aspx?&cid=CA16JC&crop=15113QQQ" 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.&nbsp;&nbsp; </li> <li><a

href="https://iqconnect.house.gov/iqextranet/iqClickTrk.aspx?&cid=CA16JC&crop=15113QQQ" 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.&nbsp;&nbsp; </li> <li><a

href="https://iqconnect.house.gov/iqextranet/iqClickTrk.aspx?&cid=CA16JC&crop=15113QQQ" 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.&nbsp;&nbsp; </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.&nbsp;  </p> <p>If you or someone you know is struggling,

please use these resources: 

[<strong>National Suicide Prevention Lifeline:</strong> </a>Call 9988 for immediate support&nbsp;</li> <li><a href="https://iqconnect.house.gov/iqextranet/iqClickTrk.aspx?&cid=CA16JC&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](https://iqconnect.house.gov/iqextranet/iqClickTrk.aspx?&cid=CA16JC&crop=15113QQ)

[\*\*Veterans Crisis Line:\*\*](https://iqconnect.house.gov/iqextranet/iqClickTrk.aspx?&cid=CA16JC&crop=15113QQ)
Call 1-800-273-8255, and Press 1, chat online, or send a text message to 838255.


href="https://iqconnect.house.gov/iqextranet/iqClickTrk.aspx?&cid=CA16JC&crop=15113QQ&target=\_blank" rel="noopener"><strong>Find Local Support Groups (MHA)&nbsp;</strong></a></li><li><a

href="https://iqconnect.house.gov/iqextranet/iqClickTrk.aspx?&cid=CA16JC&crop=15113QQ  
target="\_blank" rel="noopener"><strong>Finding Help &  
Treatment&nbsp;</strong></a></li> <li><a

<a href="https://iqconnect.house.gov/iqextranet/iqClickTrk.aspx?&amp;cid=CA16JC&amp;crop=15113QQ" rel="noopener" target="_blank"> <strong>California Department of Healthcare Services</strong> </a>	
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The image is a small, square icon representing a YouTube logo. It features a red background with a white play button symbol in the center. The icon is positioned in the top right corner of the document, next to the text "YouTube icon".

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