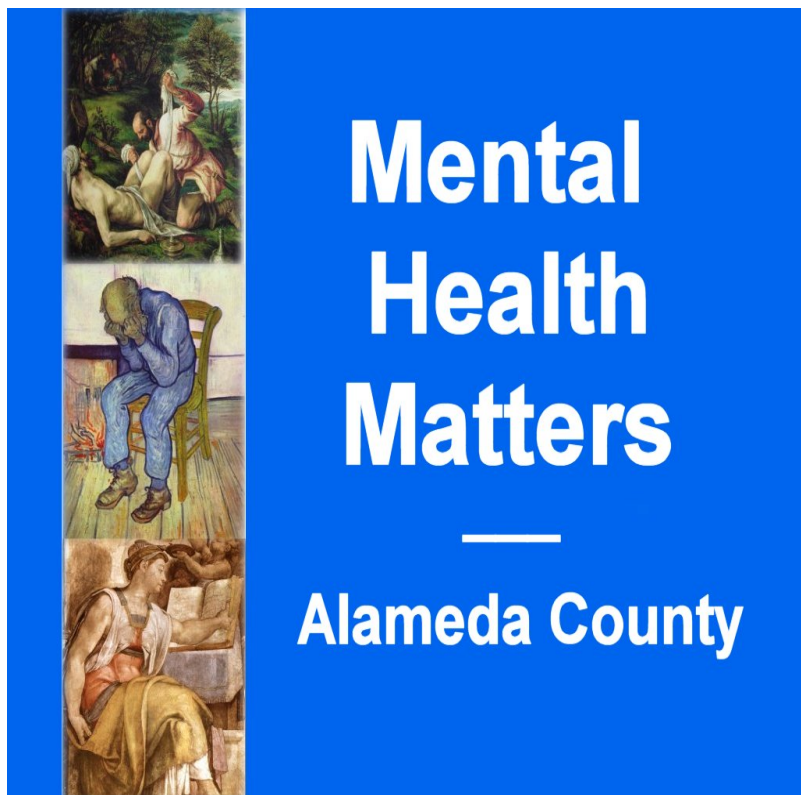


Television Show



Mental Health Matters – Alameda County is a public access television show that reveals the personal experiences of people impacted by mental health issues in an effort to create public understanding and give hope. Each month a different topic is discussed, such as mental illness in children, teens, elderly, and minority populations; specific mental illnesses; and strategies for recovery and resiliency. The show is hosted by Rev. Barbara Meyers, who conceived the idea with the Alameda County Mental Health Board Public Awareness Committee. The purpose of the show is to counter the stigma and discrimination often attached to mental issues by talking with people who actually suffer from various conditions as well as with family members and mental health professionals.

The show is broadcast throughout Alameda County on *Thursday nights at 9:30 p.m.* Previously aired shows may be viewed on line at: www.mpuuc.org/mentalhealth/mentalTVshow.html.

City	Broadcast Time	Channel
Alameda	Thursdays, 9:30 p.m.	28
Berkeley	Thursdays, 9:30 p.m.	26
Castro Valley	Thursdays, 9:30 p.m.	26
Dublin	Thursdays, 9:30 p.m.	26
El Cerrito	Thursdays, 9:30 p.m.	26
El Sobrante	Thursdays, 9:30 p.m.	26
Emeryville	Thursdays, 9:30 p.m.	26
Fremont	Thursdays, 9:30 p.m.	29
Hayward	Thursdays, 9:30 p.m.	28
Livermore	Thursdays, 9:30 p.m.	26
Newark	Thursdays, 9:30 p.m.	27
Oakland	Thursdays, 9:30 p.m.	26
Piedmont	Thursdays, 9:30 p.m.	26
Pleasanton	Thursdays, 9:30 p.m.	26
Richmond	Thursdays, 9:30 p.m.	26
San Leandro	Thursdays, 9:30 p.m.	28
San Lorenzo	Thursdays, 9:30 p.m.	28
San Ramon	Thursdays, 9:30 p.m.	26
Sunol	Thursdays, 9:30 p.m.	26
Union City	Thursdays, 9:30 p.m.	28