



# COUNTY OF FRESNO

## DEPARTMENT CELEBRATION REQUEST FORM

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**Celebration date(s):**

March 1, 2026

**Celebration theme:**

Self-Injury Awareness Day

**Has the Department undertaken this celebration in the past?**

☒ Yes ☐ No

If yes, please explain: Email and/or social media

**Number of staff expected to participate:**

Available for all

**Estimated cost:**

\$0

**What will the celebration entail?**

This celebration will be used as a resource to highlight the importance of mental wellness for all individuals. Highlighting Self-Injury Awareness Day will be done through emails, social media posts, internal or external newsletters, and community outreach events as they become available. There aren't any specific community events identified at the moment, but should the Department attend, the Department would share educational materials at the events. Communication can be viewable by any community resident who follows the Department's social media platforms.

**What is the public purpose of the Celebration?**

Self-injury, also known as Self-Harm, is a maladaptive coping mechanism that signifies profound underlying emotional distress and a crisis in mental health. Self-Injury Awareness Day serves as an opportunity to break the silence and stigma surrounding this behavior, educate the public, and encourage individuals to seek professional help.

**Department head or designee name:** Emma Rasmussen, Deputy Director


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**Department head or designee signature and date**

**Department contact for questions:** Solomon Vang, 559-600-9986

CAO Review:

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