

IMMEDIATE RELEASE

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RUHS to Host Free ‘Art of Wellness’ Mental Health Fair at Fairmount Park

RIVERSIDE, CA (May 7, 2026) – Riverside University Health System – Behavioral Health (RUHS – BH) will host the 2026 “Art of Wellness” Mental Health Awareness Fair on Thursday, May 14, at Fairmount Park in Riverside.

The family-friendly fair, held in recognition of Mental Health Month, will bring together local organizations, Riverside County departments and service providers to share resources and promote behavioral health awareness.

The free community event runs from 11:30 a.m. to 3:30 p.m. and is open to residents of all ages.

“Strong communities are built when people feel supported and know where to turn for help,” said Second District Supervisor and Board Chairwoman Karen Spiegel, Riverside County Board of Supervisors. “Events like ‘The Art of Wellness’ bring important resources directly into our neighborhoods and help ensure residents and families across Riverside County can find the support they need.”

Attendees will enjoy entertainment, interactive activities, guest speakers and opportunities to learn about services related to behavioral healthcare; substance use treatment, housing assistance, financial support programs and overall wellness.

Community partners from across Riverside County will be on hand to provide information, answer questions and help connect residents with services that support individuals and families.

“Behavioral health is an essential part of overall health,” said Dr. Matthew Chang, Director, RUHS – BH. “‘The Art of Wellness’ creates a welcoming space where people

can learn about available services, ask questions and take meaningful steps toward recovery and wellness.”

Recent national data highlight the continued importance of behavioral health awareness and access to care. According to the [Substance Abuse and Mental Health Services Administration](#), in 2024, 61.5 million U.S. adults (23.4%) experienced any mental illness.

Among youth, [Mental Health America reports](#) that 15.4% of individuals ages 12 to 17 experienced at least one major depressive episode in the past year. These findings emphasize the need for continued community outreach and accessible behavioral health services.

To learn more about the 2026 “Art of Wellness” Mental Health Awareness Fair and other RUHS Behavioral Health services, please visit www.ruhealth.org/events.

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About Riverside University Health System

Riverside University Health System (RUHS) includes a 439-bed Medical Center in Moreno Valley, Calif., 14 Federally Qualified Community Health Centers, and the departments of Public Health and Behavioral Health. RUHS is Riverside County’s safety net provider, offering high-quality, patient-centered care. With more than 8,000 staff members and over 125 years of experience, RUHS continues its commitment to and legacy of delivering exceptional, compassionate care with a focus on public health, behavioral health, community wellness, and medical education. Visit ruhealth.org to learn more.