

*THE BOARD OF SUPERVISORS
COUNTY OF SAN MATEO, STATE OF CALIFORNIA
PROCLAMATION DESIGNATING THE MONTH OF*

May 2020
Mental Health Awareness Month

WHEREAS, mental health and the freedom from substance use issues is fundamental to the overall health and well-being of all residents in San Mateo County; and

WHEREAS, mental health conditions affect one in four people in the world at some point in their lives, regardless of gender, race, ethnicity, sexual orientation, religion, or economic status; and

WHEREAS, mental health and substance use conditions are as treatable as other health conditions, and people who have mental health and substance use issues can recover and lead full, productive lives; and

WHEREAS, nationally, estimates suggest that half of the people with a diagnosable mental health condition are not receiving the help they need; and

WHEREAS, stigma prevents many from seeking behavioral health and recovery services and other forms of support, and education and sharing stories of hope and recovery are key to reducing this stigma; and

WHEREAS, this year's 2020 May Mental Health Awareness Month (MHAM) focuses on the theme #ExpressYourself - the MHAM Planning Committee and partners have organized over 20 free virtual open mics, dance and paint classes, and more; and

WHEREAS, the behavioral health professionals of San Mateo County Behavioral Health and Recovery Services and its community partners dedicate themselves to promoting wellness, resilience, recovery, inclusion, and equity by reducing stigma around mental health and substance use conditions and issues.

NOW, THEREFORE, BE IT RESOLVED that the Board of Supervisors of the County of San Mateo, State of California, hereby designates the month of May 2020 as Mental Health Awareness Month and calls upon the residents and partnering agencies, in San Mateo County to recommit our community to reducing stigma and promoting wellness around mental health and substance use issues.

Dated: May 19th, 2020

SUPERVISORS:

WARREN SLOCUM, President

DAVE PINE

CAROLE GROOM

DON HORSLEY

DAVID J. CANEPA

Attest:

Deputy Clerk of the Board of Supervisors