

PROCLAMATION

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

May 2022

Mental Health Month

WHEREAS, mental health conditions are among the most common health conditions worldwide, and the COVID-19 pandemic has triggered a 25% increase in the prevalence of anxiety and depression - last year, the U.S. Surgeon General issued a health advisory on the youth mental health crisis that has been further exacerbated by the COVID-19 pandemic; and

WHEREAS, one out of every twenty-four Californians with a serious mental health condition has difficulty functioning in everyday life and, if left untreated, those with serious mental health conditions have life expectancies 25 years shorter than the general population; and

WHEREAS, every day, millions of people face stigma related to mental health and substance use conditions and may feel isolated and alone, often going years before receiving any help; and

WHEREAS, mental health and substance use conditions are treatable health conditions, and people who have mental health and substance use conditions can recover and lead full and meaningful lives; and

WHEREAS, with mental health being more important than ever, the San Mateo County Mental Health Month (MHM) Planning Committee and partners have organized activities that our community can participate in throughout the month, including free in-person and virtual events, advocacy days and a social media campaign: updated details at www.SMCMentalHealthMonth.org.

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 2022 as Mental Health Month and calls upon our community to recommit to reducing stigma of and finding support for mental health and substance use conditions.

Dated: May 3, 2022

SUPERVISORS:

DON HORSLEY, President

DAVE PINE

CAROLE GROOM

WARREN SLOCUM

DAVID J. CANEPA

Attest: _____
Deputy Clerk of the Board of Supervisors