



THE BOARD OF SUPERVISORS
COUNTY OF SAN MATEO, STATE OF CALIFORNIA
PROCLAMATION DESIGNATING MAY 2026 AS

Mental Health Month

WHEREAS, in 2023, 13% of San Mateo County adults reported poor **MENTAL HEALTH** for fourteen or more days in the past month and 42% have sought professional help for their **MENTAL HEALTH**; and

WHEREAS, in 2023-2025, San Mateo County youth grade 7, 9 and 11 reported social emotional distress (23%, 24% and 25%, respectively) and chronic sadness/hopelessness (25%, 27% and 26%) in the past 12 months; and

WHEREAS, behavioral health care is not one-size fits-all and communities can access a range of programs and services on a continuum of care for children, youth, adults and older adults. County Health, Behavioral Health & Recovery Services (BHRS) and its contracted network of providers, offer the spectrum of direct treatment and specialized supports, early intervention and crisis supports; and

WHEREAS, in 2024 – 2025, BHRS provided **MENTAL HEALTH** services to 12,919 individuals and substance use services to 2,464; 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, the BHRS Lived Experience Academy supports BHRS clients and family members who share their stories of hope and recovery and BHRS Health Ambassadors connect community members to behavioral health services; and

WHEREAS, currently, there are 157 Lived Experience Academy graduates and 106 Health Ambassadors; and

WHEREAS, while behavioral health conditions are common across all types of demographics, certain communities face inequitable access to services, including people of color, immigrants, LGBTQ+ community, individuals with disabilities, veterans, youth and older adults; and

WHEREAS, on December 9, 2025, the San Mateo County Board of Supervisors unanimously adopted Resolution No. 081556, affirming the County's commitment to the well-being of current and future generations, making San Mateo County the first jurisdiction in the United States to do so; and

WHEREAS, Resolution No. 081556 recognized that with more than a quarter of San Mateo County residents being under the age of 24, and that most **mental health** challenges began before the age of 25, **MENTAL HEALTH** is not only a present-day concern but a generational responsibility for future generations; treating **MENTAL HEALTH** as a foundational public good, not merely a clinical concern; and

WHEREAS, the San Mateo County Behavioral Health and Recovery Services Office of Diversity and Equity, Felton Institute Peninsula Suicide Prevention, Mayors **MENTAL HEALTH** Initiative, and partners are collectively organizing activities that San Mateo County community members can participate in throughout the month, including free in-person and virtual events, advocacy days and social media campaign; and

WHEREAS, the 2026 theme is **MENTAL HEALTH** is Ours, emphasizing community, collective action, and holistic support, with ongoing updates posted at www.SMCHealth.org/MHM.

NOW, THEREFORE, BE IT PROCLAIMED that the Board of Supervisors of the County of San Mateo, State of California, hereby designates the month of May 2026 as **MENTAL HEALTH MONTH** and calls upon our community to enhance public awareness of **mental health** to help end the stigma, direct members of the community to resources and support for **mental health** and substance use conditions, and honor the County's historic commitment to the well-being of current and future generations we create together.

Dated: April 21, 2026