

Proclamation

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

May 2023 Mental Health Month

WHEREAS, mental health conditions are one of 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 exposed by the COVID-19 pandemic.

WHEREAS, one out of every twenty-four Californians with a serious mental health condition have difficulty functioning in everyday life and, if left untreated, 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, 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 has 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 2023 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: April 25, 2023

SUPERVISORS:

DAVE PINE, PRESIDENT

NOELIA CORZO

RAY MUELLER

WARREN SLOCUM

DAVID CANEPA

Attest:

Deputy Clerk of the Board of Supervisors