

# *Proclamation*

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

## **May 2023 Mental Health Month**

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**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](http://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: May 9, 2023**

SUPERVISORS:

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*DAVE PINE, PRESIDENT*

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*NOELIA CORZO*

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*RAY MUELLER*

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*WARREN SLOCUM*

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*DAVID CANEPA*

Attest:

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Deputy Clerk of the Board of Supervisors