

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

**May 2021
Mental Health Month**

WHEREAS, mental health and freedom from substance use issues are fundamental to the overall health and well-being of all community members in San Mateo County, regardless of gender, race, ethnicity, sexual orientation, religion, or economic status; and

WHEREAS, communities have faced increasing mental health challenges related to the COVID-19 pandemic. The percentage of adults who had symptoms of an anxiety or a depressive disorder and those with unmet mental health needs increased significantly (from 36.4% to 41.5% and 9.2% to 11.7% respectively) during August 2020 to February 2021; 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, stigma prevents many from seeking services and support, and education and contact with those sharing stories of hope and recovery are key to reducing this stigma; and

WHEREAS, the 2021 May Mental Health Month (MHM) focuses on the theme #HopeForChange: This past year has brought unanticipated changes, leaving us to face these challenges and transform, and #HopeForChange reminds us to spread hope and rely on the hope that carried us through a year of change; and

WHEREAS, the San Mateo County MHM Planning Committee and partners have organized over 31 free virtual events that feature open mic, music, art, films, pets, children stories, speaker panels and more; and

WHEREAS, San Mateo County Behavioral Health and Recovery Services staff, community partners and clients/consumers and family members have dedicated themselves to promoting wellness, resilience, recovery, inclusion and equity 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 2021 as Mental Health Month and calls upon the community members and partners to recommit to reducing stigma and promoting wellness around mental health and substance use issues in San Mateo County.

Dated: May 4th, 2021

SUPERVISORS:

DAVID CANEPA, President

DAVE PINE,

CAROLE GROOM

DON HORSLEY

WARREN SLOCUM

Attest: _____
Deputy Clerk of the Board of Supervisors