

PROCLAMATION DECLARING MAY AS MENTAL HEALTH AWARENESS MONTH

WHEREAS, “Mental Health Awareness Month” is part of a nationwide effort in the month of May to reduce the stigma and discrimination surrounding mental health challenges and increase awareness of tools and resources to prevent mental health challenges and reduce the symptoms; and

WHEREAS, mental health is essential to everyone’s overall health and well-being; and

WHEREAS, prevention is an effective way to reduce the burden of mental health conditions; and there is a strong research that diet, exercise, sleep, and stress management can help all Americans protect their health and well-being; and

WHEREAS, with effective treatment, individuals with mental health conditions can recover and lead full, productive lives; and

WHEREAS, by passing the Mental Health Services Act of 2004 (Proposition 63), voters dedicated resources to keep individuals healthy so they don’t reach the crisis point of our jails, hospitals, or homelessness; and

WHEREAS, California’s mental health system now empowers people living with mental health challenges and their families to break down stigma and reduce discrimination associated with mental illness; and

WHEREAS, every Californian can support Mental Health Awareness Month by wearing lime green – the color of California’s Mental Health Movement, and

NOW, THEREFORE, BE IT RESOLVED, that the County of Calaveras proclaims May, 2018 as Mental Health Awareness Month and calls upon the citizens of Calaveras County to help to end mental health stigma and be informed of resources to improve their mental wellness.