

BOARD OF SUPERVISORS, COUNTY OF LAKE, STATE OF CALIFORNIA

## *PROCLAMATION*

### DESIGNATING MAY 2025 AS MENTAL HEALTH MATTERS MONTH

**WHEREAS**, every day, millions of people experience stigma related to mental illness, causing many to face their mental health challenges in silence - often for years. Mental Health Matters Month, observed each May, is a time for us to unite in raising awareness, promoting understanding, and working together to break down the stigma surrounding mental health. This awareness is vital in encouraging individuals to seek the support and care they need and deserve; and

**WHEREAS**, mental health challenges are among the most common health conditions in California, affecting one in seven adults and one in fourteen youth, and deeply impacting not only those experiencing these challenges but also their families, friends, and communities; and

**WHEREAS**, one in twenty-six Californians lives with a serious mental illness that can impair daily functioning and, when left untreated, may lead to a life expectancy up to 25 years shorter than that of the general population; and

**WHEREAS**, stigma remains a significant barrier to seeking care, often leading to isolation and long delays in receiving support - sometimes for many years, and combined with Lake County's unique rural health challenges, making awareness, early intervention, and access to mental health care all the more vital; and

**WHEREAS**, we believe talking openly about mental health is key to ending stigma and fostering hope. We are more impactful when we join our voices, and we remain committed to educating the public and raising awareness through initiatives like Mental Health Matters Day; and

**WHEREAS**, recovery is possible, and it is essential that all residents of Lake County know that support, resources, and hope are available - no matter what their circumstances and by fostering a community in which every person feels safe and supported in seeking help is critical to ending stigma and promoting wellness for all; and

**WHEREAS**, Lake County Behavioral Health Services is committed to increasing public awareness, promoting early intervention, and supporting recovery for all individuals affected by mental health conditions and firmly believes in the power of community and that by coming together, we can build momentum and create meaningful connections that improve the lives of those facing mental health challenges.

**NOW, THEREFORE, BE IT RESOLVED**, by the Lake County Board of Supervisors, with full support, that May 2025 is hereby recognized as Mental Health Matters Month in Lake County, in a continued effort to elevate public understanding of mental health and to eliminate the stigma that prevents too many from seeking care. The Board encourages all residents to participate in local Mental Health Matters Day events and to join in fostering a culture of compassion, connection, and wellness.

PASSED AND ADOPTED this 6<sup>th</sup> day of May 2025.

ATTEST: SUSAN PARKER  
Clerk to the Board

COUNTY OF LAKE

By: \_\_\_\_\_



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Chair, Board of Supervisors