



# COUNTY OF SANTA BARBARA CALIFORNIA

## RESOLUTION PROCLAIMING THE MONTH OF MAY 2014 AS MENTAL HEALTH MONTH

**WHEREAS**, the U.S. Surgeon General has found that one in every five Americans experiences a mental disorder in any given year and half of all Americans have such disorders at some time in their lives; mental health is essential to everyone's overall health and well-being; and

**WHEREAS**, mental illnesses are far more common than cancer, diabetes, heart disease or arthritis and are real, treatable diseases that can affect anyone regardless of age, ethnicity or gender; prevention is an effective way to reduce the burden of mental health conditions; and

**WHEREAS**, there is a strong body of research that supports specific tools that all Americans can use to better handle challenges, and protect their health and well-being; the Santa Barbara County Alcohol, Drug and Mental Health Services Department recognizes the importance of promoting mental wellness for all members of the community; and

**WHEREAS**, the Santa Barbara County Mental Health Commission supports proactive community collaborations to maximize the mental health of all people and with effective treatment, those individuals with mental health conditions can recover and lead full, productive lives;

**NOW, THEREFORE BE IT RESOLVED**, that the Santa Barbara County Board of Supervisors does hereby proclaim the month of May 2014 as Mental Health Month and calls upon all Santa Barbara County citizens to fight stigma associated with mental illness and reaffirm a commitment to supporting the mental health of all people in Santa Barbara County.

**PASSED AND ADOPTED** by the Board of Supervisors of Santa Barbara County, State of California, this 6<sup>th</sup> day of May 2014, by unanimous vote of all members present.



ATTEST: Monica [Signature]  
Clerk of the Board

[Signature]  
Supervisor - 1st District

[Signature]  
Supervisor - 2nd District

[Signature]  
Supervisor - 3rd District

[Signature]  
Supervisor - 4th District

[Signature]  
Supervisor - 5th District