

May is Mental Health Month – 2024 Proclamation

WHEREAS, May of 2024 is recognized as Mental Health Month in Santa Barbara County to enhance public awareness of mental health and dispel the stigma surrounding it.

WHEREAS, mental health is an essential part of overall well-being, impacting individuals, families, and communities across Santa Barbara County;

WHEREAS, one in five American adults experiences a mental health condition each year and everyone faces challenges in life that can impact their mental health;

WHEREAS, despite its prevalence, mental health remains shrouded in stigma, preventing many from seeking help; WHEREAS, early intervention and access to quality care are crucial for managing mental health conditions and improving quality of life;

WHEREAS, May is recognized nationally as Mental Health Awareness Month, providing an opportunity to raise awareness, combat stigma, and promote mental health resources;

NOW THEREFORE, BE IT AND IT IS HEREBY ORDERED AND RESOLVED that this Board of Supervisors wishes to enhance public awareness of mental health and recognizes May as Mental Health Month in Santa Barbara County.

PASSED AND ADOPTED by the Board of Supervisors of Santa Barbara County, State of California, this 7th day of May 2024, by unanimous vote of all members present.

We encourage all residents of Santa Barbara County to:

- Educate themselves and others about mental health conditions, treatment options, and available resources.**
- Challenge stigma by speaking respectfully and inclusively about mental health.**
- Seek help if they are struggling with their mental health and encourage others to do the same.**
- Support organizations that provide mental health services and advocacy.**
- Create safe and supportive environments for open conversations about mental health.**
- Together, we can create a community where everyone feels empowered to prioritize their mental well-being and seek help when needed.**