

RESOLUTION May is Mental Health Month

WHEREAS, May 2025 is recognized as Mental Health Month in Santa Barbara County and across the nation, enhancing public awareness and working to dispel the stigma surrounding mental health; and

WHEREAS, mental health is essential to overall health and well-being, and everyone faces challenges in life that can impact their mental health; and

WHEREAS, nearly one in five American adults will experience a diagnosable mental health condition in any given year, and about half of all Americans will experience such a condition in their lifetime, often beginning by age 14; and

WHEREAS, mental health conditions are common, manageable, and treatable, and seeking help early can lead to better outcomes and save lives; and

WHEREAS, the 2025 Mental Health Month theme, "**Turning Awareness into Action**," calls on individuals, organizations, and communities to take practical steps toward lasting, positive change in mental health support and systems;

NOW, THEREFORE, BE IT HEREBY ORDERED AND RESOLVED that the Board of Supervisors of Santa Barbara County does hereby acknowledge May is Mental Health Month.

PASSED AND ADOPTED, by the Board of Supervisors of the County of Santa Barbara, State of California, this 6 day of May 2025 by a unanimous vote of all members present.