County of Santa Barbara

RESOLUTION NO. 26-118

RESOLUTION RECOGNIZING MAY 3 THROUGH MAY 9, 2026, AS YOUTH MENTAL HEALTH AWARENESS WEEK

WHEREAS, the week of May 3 through May 9, 2026, is recognized nationally as Youth Mental Health Awareness Week, a time to increase public understanding of mental health, reduce stigma, and promote access to care for individuals and families; and

WHEREAS, many mental health conditions emerge during childhood and adolescence, making early identification, intervention, and support essential to the healthy development and well-being of young people; and

WHEREAS, children and youth may face increased vulnerability to anxiety, depression, trauma, bullying, and social isolation, and timely access to culturally and linguistically responsive services can improve long-term outcomes; and

WHEREAS, barriers such as stigma, cost, and limited access to care continue to prevent many youth and families from seeking needed support, underscoring the importance of community awareness and accessible resources; and

WHEREAS, the State of California has launched the Children and Youth Behavioral Health Initiative (CYBHI), a significant investment to expand access to care and strengthen early intervention for children and youth, and through the California Department of Health Care Services has made available free, confidential behavioral health resources for youth and families regardless of income, insurance, or immigration status, including digital tools such as BrightLife Kids and Soluna to help young people access support, build coping skills, and connect with resources;

NOW, THEREFORE, BE IT HEREBY ORDERED AND RESOLVED that the Board of Supervisors of the County of Santa Barbara does hereby proclaim May 3 through May 9, 2026, as Youth Mental Health Awareness Week in Santa Barbara County.

PASSED AND ADOPTED, by the Board of Supervisors of the County of Santa Barbara, State of California, this 12th day of May, 2026 by a unanimous vote of all members present.

Supervisor - 1st District

Supervisor - 2nd District

Supervisor - 3rd District

Supervisor - 4th District

Supervisor - 5th District

ATTEST: Clerk of the Board

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