

# Santa Barbara County of

# anta Barbara

## RESOLUTION MAY IS MENTAL HEALTH MONTH

**WHEREAS**, May 2026 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**, the 2026 Mental Health Month theme, “**More Good Days, Together,**” reflects our mission to support people in having more good days by meeting them where they are, honoring that “good” is defined by individual experiences and goals, and affirming that while paths differ, everyone deserves more good days, together; and

**WHEREAS**, having more good days isn’t a solo mission. Checking in with others and offering support helps lighten the load—we’re not meant to do this alone; and

**WHEREAS**, when communities prioritize mental health, we expand access to care, strengthen connection, and make more good days possible for everyone; and

**WHEREAS**, mental health is personal. What works for one person may not work for another—but everyone deserves the support they need to have more good days.

**NOW, THEREFORE, BE IT HEREBY ORDERED AND RESOLVED** that the Board of Supervisors of the County of Santa Barbara 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 5 day of May, 2026 by a unanimous vote of all members present.



*Mona Diaz*  
ATTEST: Clerk of the Board

*Ry Lee*  
Supervisor - 1st District

*[Signature]*  
Supervisor - 2nd District

*[Signature]*  
Supervisor - 3rd District

*[Signature]*  
Supervisor - 4th District

*[Signature]*  
Supervisor - 5th District

