

**PROCLAMATION
OF THE BOARD OF SUPERVISORS
COUNTY OF HUMBOLDT**



WHEREAS, "May is Mental Health Awareness Month," a time to create greater public awareness about mental health and change attitudes about mental illness, promote wellness and recovery and reduce stigma and discrimination; and

WHEREAS, according to NAMI California, mental illness is one of the most common health conditions in the state, affecting one out of five adults and one out of six children aged 6-17, impacting both the person experiencing mental health challenges and those who care about and love them; and

WHEREAS, compared to the state, Humboldt County faces statistically higher rates of suicide, addiction and homelessness which are all potential negative outcomes of untreated mental illness; and

WHEREAS, one out of every 24 Californian's with a serious mental illness has difficulty functioning in everyday life and if left untreated, has a life expectancy 25 years shorter than the general population, according to the California Health Care Foundation; and

WHEREAS, every day, millions of people face stigma related to mental illness and addiction and may feel isolated and alone, going years before receiving any help; and

WHEREAS, Humboldt County recognizes the importance of the social determinants of health and their impacts on mental health, and strives to reduce disparity in health outcomes for communities of color and other marginalized groups; and

WHEREAS, recovery can and does happen, and all Humboldt County residents should know that support and help is available regardless of an individual's situation; and

WHEREAS, creating a community where everyone feels comfortable reaching out for the support they deserve is crucial to ending stigma and achieving health equity around mental illness and addiction; and

WHEREAS, access to support, achieving health equity and ending stigma is of paramount importance to Humboldt County; and

WHEREAS, there are many organizations including the Department of Health & Human Services, nonprofits and private agencies, as well as faith-based and government programs whose staff work tirelessly to provide treatment options and improve the lives of Humboldt County residents and the families of those affected by mental illness and addiction.

NOW THEREFORE, be it resolved that the Humboldt County Board of Supervisors hereby proclaims May 2023 as Mental Health Awareness Month in Humboldt County and calls upon the community, government agencies, public and private institutions, businesses and schools in the county to commit to increasing awareness and understanding of mental health, the steps citizens can take to promote their own mental health and the need for appropriate and accessible services for all people with mental health and addiction needs.

Dated: May 16, 2023

Steve Madrone, Chair