

PROCLAMATION

of the

BOARD OF SUPERVISORS COUNTY OF HUMBOLDT

WHEREAS, mental health challenges are one of the most common health conditions in California, affecting one out of six adults and impacting both the person experiencing mental health challenges and those who care and love the person facing the challenges; and

WHEREAS, one out of every 24 Californian's with a serious mental illness have difficulty functioning in everyday life and if left untreated, have life expectancies 25 years shorter than the general population; and

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

WHEREAS, recovery can and does happen, and all Californians should know that support and help is available regardless of any individual's situation; and

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

WHEREAS, Humboldt County Department of Health & Human Services (DHHS) calls upon citizens, public and private institutions, businesses and schools to recommit to increasing awareness and understanding of mental health, reducing stigma and discrimination, and promoting appropriate and accessible services for all people at all stages.

NOW, THEREFORE, the Board of Supervisors of the County of Humboldt hereby proclaims **May 2022** as **Mental Health Matters Month** to highlight the needs of those with mental illness and to recommit our community to increasing awareness and understanding of mental illness, as well as to recognize the many private and public organizations and individuals who work tirelessly with DHHS to support community members with mental illness in their recovery.

May 10, 2022

Virginia Bass, Chair

