

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

**WHEREAS**, “May is Mental Health Matters Month” and greater public awareness about mental health changes attitudes, promotes wellness, and reduces stigma and discrimination; and

**WHEREAS**, we all have mental health and our mental health is integral to our ability to thrive; and

**WHEREAS**, optimal mental health care is essential to the overall health of Humboldt County residents, resulting in productive activities, fulfilling relationships, and to adapt to change and cope with adversity; and

**WHEREAS**, mental health challenges strike without regard to age, gender, race, sexual orientation, social status, income level or lifestyle; and

**WHEREAS**, many people with mental health challenges require a behavioral health approach that encompasses both mental health and substance use disorder recovery that is accessible, affordable, trauma-informed, culturally competent and relevant to their individual needs; and

**WHEREAS**, behavioral health recovery is a journey of discovery, healing, hope and transformation, enabling people with behavioral health challenges to live meaningful lives in a community of their choice while striving to achieve their full potential; and

**WHEREAS**, stigma and discrimination negatively impact the lives of people with behavioral health challenges, as well as their families and caregivers, hindering recovery and the ability to maintain employment and housing, and fear of discrimination keeps many from seeking help; and

**WHEREAS**, people with serious mental illness are particularly vulnerable to discrimination and lack access to ongoing services and health care; and

**WHEREAS**, mental illness should not be shrouded in stigma and discrimination causing those who are affected to not seek care; and whereas the County of Humboldt observes Mental Health Matters Month every May to raise awareness and understanding of mental health and;

**WHEREAS**, we commend the Humboldt County Department of Health & Human Services and all the community partner organizations and individuals whether private, faith-based, or governmental, for their outstanding work toward quality of life improvements and support for community residents with mental illness and substance use disorders in their recovery.

**NOW, THEREFORE, BE IT RESOLVED**, the Board of Supervisors of the County of Humboldt hereby proclaims **May 2020 is Mental Health Matters Month** and calls upon its citizens, government agencies, public and private institutions, businesses and schools to recommit our community to increasing awareness and understanding mental illness and the need for appropriate and accessible services for all people with mental illness because Humboldt County believes each mind matters.

DATED: May 19, 2020

ESTELLE FENNELL, Chair

