

# Humboldt County Board of Supervisors **PROCLAMATION**

*in honor of*

## Mental Health Awareness Month

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

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

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

**WHEREAS**, 50% of all mental health disorders begin by age 14, and 75% of all mental health disorders begin by age 24; 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**, being open and talking about mental health conditions and treatment can positively impact our community, work to reduce stigma and encourage individuals to reach out for help; and



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

**WHEREAS**, Humboldt County continues to invest in mental health services and a robust local continuum of care, including recruiting for mental health professionals and expanding access to mental health resources throughout the county; and

**WHEREAS**, each business, school, government agency, health care provider, organization and citizen share the burden of mental health challenges and have a responsibility to promote mental wellness and support prevention efforts; and

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

**NOW, THEREFORE, BE IT RESOLVED**, that the Humboldt County Board of Supervisors hereby proclaims May 2025 as "May is Mental Health Awareness Month" in Humboldt County and calls upon the community, government agencies, public and private institutions and 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 right for appropriate and accessible services for all people with mental health needs.



May 6, 2025

Michelle Bushnell, Chair