

**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, mental health is essential to everyone’s overall health and well-being; and

WHEREAS, all Americans face challenges in life that can impact their mental health, especially during a pandemic; and

WHEREAS, mental health conditions are real and prevalent in our nation; and

WHEREAS, we recognize Humboldt County’s ongoing challenges with providing behavioral health services in a remote and rural area, as well as the prevalence of Adverse Childhood Experiences that disproportionately affect our county; and

WHEREAS, prevention is an effective way to reduce the burden of mental health conditions; and

WHEREAS, there are practical tools that all people can use to improve their mental health and increase resiliency; and

WHEREAS, with effective treatment, individuals with mental health conditions can recover and lead full, productive lives; and

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

WHEREAS, we commend the Humboldt County Department of Health & Human Services and all the community partner organizations and individuals including private, faith-based and governmental for their outstanding work improving the quality of life and their support for community members with mental illness and substance use challenges in their recovery.

NOW THEREFORE, the Humboldt County Board of Supervisors, hereby proclaims May 2021 as Mental Health Matters Month in Humboldt County and calls upon the citizens, government agencies, public and private institutions, businesses and schools in Humboldt County to commit our community to increasing awareness and understanding of mental health, the steps our citizens can take to promote their mental health and the need for appropriate and accessible services for all people with mental health conditions.

DATED: May 11, 2021



Virginia Bass
Virginia Bass, Chair