

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



**WHEREAS**, "May is Mental Health Awareness Month" 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**, half of the population will experience some type of mental health challenge over the course of their lifetime; 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 Californians 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 a survey conducted by the California Health Care Foundation; 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**, 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**, 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

**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 that work tirelessly to provide treatment options and improve the lives of 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 2024 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 right for appropriate and accessible services for all people with mental health needs.

May 7, 2024

Rex Bohn, Chair