

**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**, half of us experience some form of mental health challenges in our lifetime; and

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

**WHEREAS**, many people with mental health challenges require a behavioral health approach that encompasses mental health and substance use recovery, is 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, hindering their recovery and ability to maintain employment and housing, and fear of discrimination keeps many from seeking help; and

**WHEREAS**, research shows the most effective way to reduce stigma and discrimination is through personal contact with someone with behavioral health challenges; and

**WHEREAS**, the Humboldt County Department of Health & Human Services (DHHS) calls upon the community to increase awareness and understanding of mental health as a component of behavioral health.

**NOW, THEREFORE**, the Board of Supervisors of the County of Humboldt hereby proclaims **May 2019 as Mental Health Matters Month** and recognizes the many private and public organizations and individuals who work tirelessly with DHHS to support community members with mental illness and substance use challenges in their recovery because Humboldt County believes each mind matters.

DATED: May 7, 2019

Rex Bohn, Chair