

PROCLAMATION

OF THE

MENDOCINO COUNTY BOARD OF SUPERVISORS

RECOGNIZING MAY 2024 AS MENTAL HEALTH AWARENESS MONTH

WHEREAS, Mental Health America established Mental Health Awareness Month in 1949 to reach individuals across the nation by reducing stigmas, and teaching about signs of mental illness (mentalhealthamerica.net/may); and

WHEREAS, one in five adults have a mental health condition such as depression, anxiety, bipolar disorder, schizophrenia, and post-traumatic stress (nami.org/learn-more/mental-health-by-the-numbers); and

WHEREAS, one in twenty adults in the United States experience serious mental illness (nami.org/learn-more/mental-health-by-the-numbers); and

WHEREAS, half of mental illness manifests in individuals by the age of 14, and three-quarters by the age of 24 (nami.org/learn-more/mental-health-by-the-numbers); and

WHEREAS, youth mental health is worsening, with an increase in youth being diagnosed with depression, and 60% of those individuals do not receive treatment (<http://www.mentalhealthamerica.net/issues/state-mental-health-america>); and

WHEREAS, the percentage of adults with mental illness is increasing, and 22.8% of adults with a mental illness reported an unmet treatment need (<http://www.mentalhealthamerica.net/issues/mental-health-america-adult-data>); and

WHEREAS, the pathway to improving the negative outcomes of untreated mental illness is through community outreach and empowerment of individuals with the support and resources they need to thrive; and

WHEREAS, Mendocino County Behavioral Health and Recovery Services is dedicated to raising awareness of statistics like these, educating the community about the signs of mental illness, reducing stigma, and helping people recover from the consequences of untreated mental illness.

NOW, THEREFORE, BE IT RESOLVED, that the Board of Supervisors of the County of Mendocino, hereby proclaim May 2024 as: "Mental Health Awareness Month"

Dated:

Maureen Mulheren, Chair