

PROCLAMATION
OF THE
MENDOCINO COUNTY BOARD OF SUPERVISORS

RECOGNIZING MAY 2026
MENTAL HEALTH AWARENESS MONTH

WHEREAS, Mental Health America established Mental Health Awareness Month in 1949 to reach individuals across the nation, reduce stigma, and increase awareness of the signs and symptoms of mental illness (mhanational.org/mental-health-month/); and

WHEREAS, one in five adults have a mental health condition such as depression, anxiety, bipolar disorder, schizophrenia, and post-traumatic stress, and one in twenty adults in the United States experience serious mental illness, and half of mental illness manifests in individuals by the age of 14, and three-quarters by the age of 24 (nami.org/mental-health-by-the-numbers/); and

WHEREAS, more than 1 in 7 U.S. youth ages 6-17 experience a mental health disorder each year, and suicide is the 2nd leading cause of death among people ages 10-24 (nami.org/mental-health-by-the-numbers/); and

WHEREAS, Mendocino County Health 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 proclaims May, 2026, as:

Sponsored by Supervisor Maureen Mulheren

“Mental Health Awareness Month”

Dated:

Bernie Norvell, Chair