

**RESOLUTION OF THE SISKIYOU COUNTY BOARD OF SUPERVISORS
PROCLAIMING MAY 2023 AS MENTAL HEALTH AWARENESS MONTH
IN SISKIYOU COUNTY**

The following resolution is hereby offered and read:

WHEREAS, mental health is vital to everyone's overall health and well-being; and

WHEREAS, all Americans experience times of difficulty and stress in their lives; and

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

WHEREAS, there is a strong body of research supporting specific tools that all Americans can use to better handle challenges, and protect their health and well-being; and

WHEREAS, understanding mental health isn't only about being able to identify symptoms and having a name for these conditions but eliminating stigma by dispelling false ideas about mental health conditions as well; and

WHEREAS, with early and effective treatment, those individuals with mental illnesses can recover and lead full, productive lives; and

WHEREAS, each business, school, government agency, healthcare provider, organization and citizen shares the burden of mental illnesses and has a responsibility to reduce stigma, promote mental wellness and support prevention efforts; and

WHEREAS, the community mental health system in Siskiyou County is made up of strong individuals, organizations, family members, and advocates, which seek to promote wellness and reduce stigma while increasing people's awareness of how mental health disorders affect children, families, and our society;

WHEREAS, the local mental health and wellness community, the U.S. Substance Abuse and Mental Health Services Administration, the National Alliance on Mental Illness, and Siskiyou County Behavioral Health Department, invite all residents to participate in and celebrate **Mental Health Awareness Month**; and guide those in our community who need mental health care toward the promising path of wellness and recovery.

NOW THEREFORE, BE IT RESOLVED, that the Board of Supervisors for the County of Siskiyou hereby proclaims MAY 2023 as, MENTAL HEALTH AWARENESS MONTH and calls upon all residents to observe this month with appropriate programs, activities, and ceremonies supporting the pledge to be "**Stigma Free**" and remember that "**Each Mind Matters.**"

Passed and adopted this 16th day of May, 2023 by the following vote:

AYES:
NOES:
ABSENT:
ABSTAIN:

ED VALENZUELA, Chair
Board of Supervisors

ATTEST:
Laura Bynum, County Clerk

By: _____
Deputy Clerk