

**RESOLUTION OF THE SISKIYOU COUNTY BOARD OF SUPERVISORS
PROCLAIMING MAY 2024 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, half of the population will experience some type of mental health challenge over the course of a lifetime; and

WHEREAS, mental health challenges are one of the most common health conditions in California; and

WHEREAS, every day millions of people face stigma related to mental health; 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, recovery can and does happen, and all Siskiyou County residents should know that support and help is available regardless of their situation; 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; and

WHEREAS, creating a community where everyone feels comfortable reaching out for the support, they deserve is crucial to ending the stigma around mental health; and

WHEREAS, the local mental health and wellness community, the U.S. Substance Abuse and Mental Health Services Administration, the National Alliance on Mental Illness, local schools 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 2024 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 ____ day of _____, 2024 by the following vote:

AYES:

NOES:

ABSENT:

ABSTAIN:

Michael N. Kobseff, Chair
Board of Supervisors

ATTEST:

Laura Bynum, County Clerk

By: _____
Deputy Clerk