

*The Board of Supervisors of
Contra Costa County, California*

In the matter of:

Resolution No. 2021/169

Acknowledgment of the Month of May 2021 as Mental Health Awareness Month and May 23rd – 29th 2021, and as Asian American Pacific & Islanders (AAPI) Mental Health Awareness Week

WHEREAS, the County of Contra Costa declares the Month of May 2021 as Mental Health Awareness Month and May 23 - 29, 2021, as Asian American Pacific Islanders Mental Health Awareness Week; and

WHEREAS, nationally, 1 in 5 Americans will experience a mental health challenge in their lifetime, nearly 13.9 percent of the AAPI community is reported to be living with a mental health condition and face obstacles to effective treatment such as stigma and language barriers; and

WHEREAS, Individuals from the AAPI communities, especially those who have more recently immigrated to the US, may be less likely to seek mental health support than the general population; and

WHEREAS, Language barriers make it difficult for Asian Americans to access mental health services. Discussing mental health concerns is considered taboo in many Asian cultures. Because of this, Asian Americans tend to dismiss, deny, or neglect their symptoms; and

WHEREAS, Lack of awareness of the resources and services that are available, as well as the stigma surrounding mental health issues, are the biggest deterrents in seeking professional help; and

WHEREAS, in an effort to better reflect and celebrate the diverse populations we serve and in alignment with our diversity and inclusion efforts commit to, **honoring and acknowledging all cultural and ethnic communities** as we advance our goal to create an environment where all residents of Contra Costa County feel a sense of safety and belonging. We strive to become a culturally honoring mental health friendly county embracing faith based/spiritual practices to ensure we explore all resources and tools that will enhance mental health wellness in the Asian American Community; and

THEREFORE, County of Contra Costa proclaims May 23 - 29, 2021 as Acknowledgement of AAPI Mental Health Awareness Week and encourages everyone to participate in this important healing process as we denounce Asian American Hate and promote unity.

DIANE BURGIS

Chair, District III Supervisor

JOHN GIOIA

CANDACE ANDERSEN

District I Supervisor

KAREN MITCHOFF
District IV Supervisor

District II Supervisor

FEDERAL D. GLOVER
District V Supervisor

I hereby certify that this is a true and correct copy of an
action taken
and entered on the minutes of the Board of Supervisors on
the date
shown.

ATTESTED: May 18, 2021

Monica Nino, County Administrator

By: _____, Deputy