

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

In the matter of:

Resolution No. 2023/216

Proclaiming May 2023 as Mental Health Awareness Month

WHEREAS, nationally, 1 in 5 Americans experiences a mental health challenge in their lifetime, and faces obstacles to effective treatment, such as stigma and language barriers; and

WHEREAS, during May and throughout the year, our society promotes the understanding that those with mental health challenges have treatable conditions and can lead productive lives, and commits to increasing awareness and educating the public to promote understanding that those who live with these conditions deserve to be helped and not stigmatized or discriminated against; and

WHEREAS, in an effort to better reflect and celebrate the diverse populations that we serve, and in alignment with our diversity and inclusion efforts, we commit to advancing our goal of creating an environment where all residents of Contra Costa County feel a sense of belonging and may access safe spaces where mental health concerns can be addressed and where mental health services can be accessed in a fair and equitable manner; 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.

NOW THEREFORE BE IT RESOLVED that the Contra Costa County Board of Supervisors hereby proclaim May 2023 as Mental Health Awareness Month.

JOHN GIOIA

Chair, District I Supervisor

CANDACE ANDERSEN

District II Supervisor

DIANE BURGIS

District III Supervisor

KEN CARLSON

District IV 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: June 13, 2023

Monica Nino, County Administrator

By: _____, Deputy