

RESOLUTION  
*of*  
THE BOARD OF SUPERVISORS  
MARIN COUNTY

PROCLAIMING  
**MENTAL HEALTH AWARENESS MONTH IN MARIN COUNTY**  
MAY 2020

**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, affecting one out of six adults and impacting both the person experiencing mental health challenges and those persons who care for and love the person facing the challenge; and

**WHEREAS**, over one-quarter of Marin County high school students experience chronic sad or hopeless feelings making it more difficult to fully access their educational opportunities; and

**WHEREAS**, every day, millions of people face stigma related to mental health and may feel isolated and alone, going years before receiving any help; and

**WHEREAS**, recovery can and does happen, and all Marin County residents should know that support and help is available regardless of any individual's situation; 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**, access to support and ending the stigma is of paramount importance; and

**WHEREAS**, now more than ever, as our community faces stress, isolation and uncertainty dealing with COVID-19, it is important that we remember that there is no health without mental health and that we lean on each other for support and connection; and

**WHEREAS**, the Marin County Board of Supervisors wishes to enhance public awareness of mental health and dispel the stigma surrounding it.

**NOW, THEREFORE, BE IT RESOLVED** that the Marin County Board of Supervisors hereby proclaims May 2020 as Mental Health Awareness Month in Marin County to enhance public awareness of mental health to help end the stigma.

**PASSED AND ADOPTED** at a regular meeting of the Board of Supervisors of the County of Marin held on this 19<sup>th</sup> day of May 2020.

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KATIE RICE – SUPERVISOR, DISTRICT 2 - PRESIDENT

