

## **May is Mental Health Matters Month**

### **Resolution No.:**

Adopt a resolution proclaiming **May 2022** as **Mental Health Matters Month** in Monterey County.

**WHEREAS**, Mental health challenges are one of the most common health conditions in Monterey County, impacting the person who is experiencing the mental health challenge along with their family members and friends, as well as our entire community; and

**WHEREAS**, The pandemic has negatively impacted mental health conditions for many in the United States, with rates of anxiety increasing to 50 percent and depression to 44 percent overall, with adults between the ages of 18 to 29 having increased rates of anxiety and depression of 65 percent and 61 percent respectively; and

**WHEREAS**, Prevalence rates of probable mental health disorders during the pandemic were experienced disproportionately based upon social determinants of health for community members who are young, have lower levels of education, are single parents, are Black, Hispanic or Latino, or are female; and

**WHEREAS**, Access to equitable mental health treatment and support that is responsive to the diverse cultural and linguistic needs of all of Monterey County's residents is of paramount importance; and

**WHEREAS**, Every day, members of our community face stigma related to mental health and may feel isolated and alone, going years before receiving any help; and

**WHEREAS**, Recovery from mental health conditions is possible, with the most optimal outcomes happening when people receive care and treatment at the earliest possible time; 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 Monterey County Board of Supervisors encourages everyone to help end the stigma around mental health by increasing their awareness and understanding of mental health conditions, and to show compassion towards others who are struggling with their mental well-being, and that united together we can help everyone to live their optimal life.

**NOW THEREFORE BE IT RESOLVED** that the Monterey County Board of Supervisors, on behalf of the County and all its residents thereof, hereby proclaims **May 2022** as **Mental Health Matters Month**.