

# County of Monterey

## BOARD OF SUPERVISORS RESOLUTION

Resolution No.: 26-126

Adopt a resolution proclaiming May 2026 as “Mental Health Awareness Month” in the County of Monterey..... )

WHEREAS, Mental health is a critical component of overall well-being and impacts individuals, families, and communities throughout the County of Monterey; and

WHEREAS, Mental health conditions are prevalent in the United States, with more than one in five adults experiencing a mental illness each year, and approximately one in twenty adults living with a serious mental health condition; and

WHEREAS, Many mental health conditions start early in life, with about half of all lifetimes mental illnesses emerging by the age of fourteen and three-quarters by the age of twenty-four, highlighting the necessity for awareness and access to services.; and

WHEREAS, Despite the prevalence of mental health conditions, stigma, misinformation, and limited access to care continue to prevent many individuals from seeking or receiving the services they need; and

WHEREAS, Mental Health Awareness Month, established in 1949 by Mental Health America, is observed each May to promote awareness and reduce stigma around mental health services; and

WHEREAS, The Monterey County Health Department's Behavioral Health Bureau serves approximately 13,000 individuals annually through a comprehensive system that offers accessible, high-quality treatment and recovery-oriented behavioral health services while collaborating with community-based organizations, schools, healthcare providers, and peer advocates to deliver culturally responsive care across the county; and

WHEREAS, The County of Monterey remains committed to addressing mental health disparities, ensuring the delivery of accessible, high-quality behavioral health services for residents, and fostering inclusive environments where individuals can speak openly about mental health without fear or stigma; and

WHEREAS, Throughout the month of May, the Bureau and its partners will lead educational campaigns, community events, and outreach initiatives to raise awareness and connect individuals to vital resources and support.

NOW, THEREFORE BE IT RESOLVED, that the County of Monterey Board of Supervisors, hereby proclaims the month of May 2026 as “Mental Health Awareness Month” and encourages all residents, employers, schools, and organizations to engage in conversations about mental health and to support efforts that promote mental wellness for all.

PASSED AND ADOPTED on this 12<sup>th</sup> day of May 2026

*Wendy Root Askew*  
Chair Supervisor Wendy Root Askew

*Kate Daniels*  
Vice Chair Supervisor Kate Daniels

*Glenn Church*  
Supervisor Glenn Church

*Luis A. Alejo*  
Supervisor Luis A. Alejo

*Chris Lopez*  
Supervisor Chris Lopez

