

**Before the Board of Supervisors in and for the  
County of Monterey, State of California**

**Resolution No.:**

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 \_\_\_ day of May 2026, upon motion of Supervisor \_\_\_\_\_, seconded by Supervisor \_\_\_\_\_ by the following vote, to-wit:

AYES:

NOES:

ABSENT:

I, Valerie Ralph, Clerk of the Board of Supervisors of the County of Monterey, State of California, hereby certify that the foregoing is a true copy of an original order of said Board of Supervisors duly made and entered in the minutes thereof of Minute Book \_\_\_ for the meeting on \_\_\_\_\_.

Dated:

Valerie Ralph, Clerk of the Board of Supervisors  
County of Monterey, State of California

By \_\_\_\_\_  
Deputy