

City of Brisbane

PROCLAMATION

MAY 2023 AS MENTAL HEALTH MONTH

WHEREAS, in 2021, one out of every eight San Mateo County adults likely had serious psychological distress in the past year. From 2019 to 2021, San Mateo County youth grade 7 and 11 reported chronic sadness and hopelessness (29% and 43%, respectively) in the past 12 months; and

WHEREAS, every day, millions of people face stigma related to mental health and substance use conditions and may feel isolated and alone, going years before receiving any help; if left untreated, have life expectancies 25 years shorter than the general population; and

WHEREAS, while mental health conditions are common across all types of demographics, certain communities face inequitable access to services, including people of color, LGBTQ+ community, youth and older adults.

WHEREAS, mental health and substance use conditions are treatable health conditions, and people who have mental health and substance use conditions can recover and lead full and meaningful lives.

WHEREAS, the San Mateo County Behavioral Health and Recovery Services Office of Diversity and Equity, Mayors Mental Health Initiative and partners are collectively organizing activities that our community can participate throughout the month, including free in-person and virtual events, advocacy days and social media campaign. The 2023 theme is #Share4MH. Ongoing updates posted at www.SMCHealth.org/MHM; and

Now, therefore, be it resolved, that the City of Brisbane hereby recognizes May 2023 as Mental Health Month to enhance public awareness of mental health to help end the stigma and direct members of the community to resources and support for mental health and substance use conditions.

Dated: 5/18/2023



Madison Davis, Mayor

