



RESOLUTION No. _____

OF THE BOARD OF SUPERVISORS OF THE COUNTY OF NEVADA

RESOLUTION PROCLAIMING MAY 2018 AS MENTAL HEALTH MONTH IN NEVADA COUNTY

WHEREAS, since 1949, Congress has officially recognized May as “Mental Health Month”; and

WHEREAS, mental health is essential to everyone’s overall health and well-being; and

WHEREAS, a critical element to maintaining positive mental health is having a strong social network; and

WHEREAS, research suggests that people with a stronger social network have happier, healthier lives; and

WHEREAS, California’s Mental Health Movement encourages everyone to check in with loved ones on their mental health; and

WHEREAS, talking openly and honestly about mental health lets those we care about know that we support them; and

WHEREAS, before starting a conversation with someone you are concerned about be sure to have resources on hand, including local county mental health department numbers and suicide crisis resources; and

WHEREAS, when we engage in prevention and early identification, particularly with the people we care about, we can help reduce the burden of mental illness by identifying symptoms and warning signs early – and provide effective treatment.

NOW, THEREFORE, BE IT HEREBY RESOLVED that the Nevada County Board of Supervisors approves this Resolution proclaiming May 2018 as Mental Health Month in Nevada County to recommit our community to increasing awareness and understanding of mental health, the steps our citizens can take to protect their mental health, and the need for appropriate and accessible services for all people with mental illnesses at all stages.