



# **RESOLUTION No. \_\_\_\_\_**

## **OF THE BOARD OF SUPERVISORS OF THE COUNTY OF NEVADA**

### **RESOLUTION PROCLAIMING MAY 2023 AS “MENTAL HEALTH AWARENESS MONTH” IN NEVADA COUNTY**

WHEREAS, half of the population will experience some type of mental health challenge over the course of a lifetime; and

WHEREAS, mental health challenges are one of the most common health conditions in California, affecting one out of six adults and impacting<sup>i</sup> both the person experiencing mental health challenges and those persons who care and love the person facing the challenge; and

WHEREAS, one out of every twenty-four Californian’s with a serious mental illness have difficulty functioning in everyday life and if left untreated, have life expectancies 25 years shorter than the general population;<sup>ii</sup> and

WHEREAS, every day, millions of people face stigma related to mental health and may feel isolated and alone, going years before receiving any help; and

WHEREAS, recovery can and does happen, and all Californians should know that support and help is available regardless of any individual’s situation; 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, access to support and ending the stigma is of paramount importance; and

WHEREAS, Mental Health Awareness month is a call to action for Nevada County reminding us that mental health matters and that together we can end the stigma around mental illness and support people in seeking care and support.

NOW, THEREFORE, BE IT AND IT IS HEREBY RESOLVED that this Board of Supervisors of the County of Nevada accepts the report as presented by the Mental Health and Substance Use Disorder Advisory Board and proclaims May 2023 as “Mental Health Awareness Month” in Nevada County.

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