

BOARD OF SUPERVISORS, COUNTY OF LAKE, STATE OF CALIFORNIA

PROCLAMATION

DESIGNATING MAY 2026 AS MENTAL HEALTH MATTERS MONTH IN LAKE COUNTY

WHEREAS, every day, millions of people face stigma related to mental illness, causing many to face their mental health challenges for years without help. Each May, Mental Health Matters Month provides the opportunity for everyone to come together to illuminate mental health awareness in an effort to stop the stigma. Bringing forth this awareness is crucial to helping people reach out for the assistance they deserve; and

WHEREAS, mental health challenges are one of the most common health conditions in California, affecting one out of seven adults, and one out of fourteen youth, and impacting 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-six Californians 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; 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 of Lake County 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, Lake County recognizes and appreciates the many community partners, advocates, and organizations who work tirelessly to promote mental wellness and reduce stigma; and

WHEREAS, Lake County Behavioral Health Services wishes to increase public understanding of mental health now, and by promoting early intervention can significantly improve outcomes for individuals and families.

NOW, THEREFORE, BE IT PROCLAIMED the Lake County Board of Supervisors hereby designates May 2026 as Mental Health Matters Month in Lake County, and encourages all residents to support one another through compassion, understanding, and active participation in creating a stigma-free community.

PASSED AND ADOPTED this 28th day of April 2026.

ATTEST: SUSAN PARKER
Clerk to the Board

By: _____



COUNTY OF LAKE

Chair, Board of Supervisors