

MENTAL HEALTH AWARENESS MONTH

WHEREAS, National Mental Health Awareness Month is observed annually each May to raise public awareness of mental health as a critical component of overall health and to reduce the stigma surrounding mental illness; and

WHEREAS, mental health challenges are among the most common health conditions in California, with approximately 1 in 7 adults experiencing a mental illness and 1 in 26 living with a serious mental illness that significantly impairs daily life; and

WHEREAS, in 2023, nearly 32 percent of California adults reported symptoms of anxiety or depressive disorders, just below the national rate of 32 percent; and

WHEREAS, mental health conditions affect individuals of all ages, races, ethnicities, and income levels, with vulnerability shaped by social determinants of health and longstanding inequities; and

WHEREAS, mental health needs can arise at any stage of life, making prevention, early identification, and timely access to care essential to overall well-being; and

WHEREAS, stigma remains a significant barrier to seeking care and support, even as public understanding of mental health continues to grow; and

WHEREAS, recovery from mental health challenges is possible, and support, access to resources, and strong community connections are essential to healing and well-being; and

WHEREAS, Orange County is committed to advancing the vision of “Heal, Hope, Thrive,” supporting individuals in healing from mental health challenges, fostering hope through accessible and equitable services, and empowering all residents to thrive in healthy and supportive communities; and

WHEREAS, Mental Health Awareness Month provides an important opportunity to elevate awareness, educate communities, reduce stigma, promote available resources, and encourage action through open and supportive conversations; and

WHEREAS, the Orange County Board of Supervisors is committed to expanding awareness, strengthening access to mental health care, fostering equity, and improving outcomes for all residents;

NOW, THEREFORE, BE IT RESOLVED that the Orange County Board of Supervisors hereby proclaims the month of May 2026 as Mental Health Awareness Month throughout Orange County, and encourages all residents, schools, businesses, community organizations, and public agencies to participate in efforts and initiatives that promote mental health education, support, awareness, and acceptance, in the spirit of “Heal, Hope, Thrive.”