

A Tradition of Stewardship A Commitment to Service

## THE BOARD OF SUPERVISORS | NAPA COUNTY, CALIFORNIA

## Mental Health Awareness Month May 2022

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

**WHEREAS**, early identification and treatment can make a difference to the millions of adults and youth who suffer from mental illness and can lead to recovery; and

**WHERAS**, people face stigma related to mental health and may feel isolated and alone, going years before receiving any help and thus greater public awareness about mental health can change attitudes and behaviors; and

**WHEREAS**, it is critical that we create a community where everyone feels comfortable seeking support and prioritizing their mental health; and

**WHEREAS,** a holistic approach that includes prevention, early intervention, and comprehensive services is an effective way to meet the needs of individuals at-risk of or who have a mental illness; and

**WHEREAS**, we support the shared vision of a community in which anyone affected by mental illness can get the support and care they need to live fulfilling lives; and

**WHEREAS**, we encourage friends, relatives and people in our community to learn the signs, support someone who is struggling with a mental illness and help them seek help.

**NOW, THEREFORE**, I, Ryan Gregory, on behalf of the Napa County Board of Supervisors, do hereby proclaim May 2022 as Mental Health Awareness Month and call upon every Napa County resident to be an ally to individuals with mental illness and to raise awareness about the support available so that no one feels alone in their struggle.