

## Mental Health Awareness Month – May 2026

**WHEREAS**, each May we raise awareness about the importance of mental health and its impact on the well-being of the Napa County community, including children, adults, and families; and

**WHEREAS**, mental health challenges are among the most common health concerns in California, affecting at least one in five adults and one in eight children, impacting both the person experiencing mental health challenges and those persons who care and love the person facing the challenges; and

**WHEREAS**, The Napa County Health & Human Services Agency Behavioral Health Division served more than 2300 individuals in 2025, ensuring those served received high-quality care across a coordinated system of services; and

**WHEREAS**, stigma, lack of awareness, and barriers to access continue to prevent many individuals from seeking or receiving needed care, particularly among under-resourced communities, and increasing understanding can support early help-seeking and recovery; and

**WHEREAS**, it is critical that we create a community in Napa County wherein everyone feels comfortable seeking support and prioritizing their mental health and well-being; 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 a fulfilling life.

**NOW, THEREFORE, BE IT PROCLAIMED**, that this Board of Supervisors, County of Napa, State of California, does hereby recognize **May 2026** as **Mental Health Awareness Month** in Napa County. We call upon all members of the community, private businesses, and organizations to promote mental health, reduce stigma, and support those experiencing mental health challenges.

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**Amber Manfree, Chair**

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**Liz Alessio, Vice Chair**

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**Joelle Gallagher, District 1**

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**Anne Cottrell, District 3**

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**Belia Ramos, District 5**