



Proclamation

Recognition of May as Mental Health Month

This measure would recognize May 2023 as Mental Health Month in the City of San Bruno to reduce stigma, encourage support and promote wellness to address mental health and substance use conditions.

WHEREAS, in 2021, one out of every eight San Mateo County adults likely had serious psychological distress in the past year. From 2019 to 2021, San Mateo County youth grade 7 and 11 reported chronic sadness and hopelessness (29% and 43%, respectively) in the past 12 months; and

WHEREAS, every day, millions of people face stigma related to mental health and substance use conditions and may feel isolated and alone, going years before receiving any help; if left untreated, have life expectancies 25 years shorter than the general population; and

WHEREAS, while mental health conditions are common across all types of demographics, certain communities face inequitable access to services, including people of color, LGBTQ+ community, youth and older adults.

WHEREAS, mental health and substance use conditions are treatable health conditions, and people who have mental health and substance use conditions can recover and lead full and meaningful lives.

WHEREAS, the City of San Bruno has joined the San Mateo County Mayor Mental Health Initiative where mayor's across the 20 cities in San Mateo County have come together with the mission of promoting prevention and early intervention of mental health and substance use conditions of city residents;

WHEREAS, the San Mateo County Behavioral Health and Recovery Services Office of Diversity and Equity, Mayors Mental Health Initiative and partners are collectively organizing activities that our community can participate throughout the month, including free in-person and virtual events, advocacy days and social media campaign. The 2023 theme is #Share4MH. Ongoing updates posted at www.SMCHHealth.org/MHM; and

WHEREAS, The City of San Bruno wishes to increase the public's knowledge of signs and symptoms of mental health and substance use conditions, professional and self-help resources and self-care practices, now, therefore, be it

NOW, THEREFORE, BE IT RESOLVED that I Rico E. Medina Mayor of the City of San Bruno do hereby recognize May 2023 as Mental Health Month in the City of San Bruno to enhance public awareness of mental health to help end the stigma and direct members of the community to resources and support for mental health and substance use conditions.



Rico E. Medina

Rico E. Medina, Mayor

Dated this 25th day of April 2023