

Tehama County Proclamation

Mental Health Awareness Month – May 2026

WHEREAS, mental health is essential to the overall well-being of individuals, families, and communities, affecting how we think, feel, and act; and

WHEREAS, mental health conditions are common and impact people of all ages, backgrounds, and walks of life, yet stigma and misunderstanding continue to prevent many from seeking help; and

WHEREAS, early intervention, access to quality care, and supportive environments can significantly improve outcomes for those experiencing mental health challenges; and

WHEREAS, raising awareness, promoting education, and encouraging open conversations about mental health can foster compassion, reduce stigma, and empower individuals to seek support; and

WHEREAS, communities play a vital role in supporting mental wellness by creating safe, inclusive spaces and ensuring access to resources and services; and

WHEREAS, Mental Health Awareness Month provides an opportunity to recognize the importance of mental health, honor the resilience of those living with mental health conditions, and reaffirm our commitment to improving mental health care for all; and

WHEREAS, the Red Bluff High School (RBHS) National Alliance on Mental Illness (NAMI) on Campus works to raise mental health awareness and reduce stigma through peer-led activities and education while supporting students who are living with mental illness; and

NOW, THEREFORE, The Tehama County Board of Supervisors hereby proclaim May 2026 as Mental Health Awareness Month, and we encourage all residents to take part in activities and initiatives that promote mental wellness, support those in need, and build a stronger, healthier community.

Proclaimed this _____ day of _____

Tom Walker, Chairperson
Board of Supervisors

Attest Date: _____

Sean Houghtby, County Clerk and
Ex-officio Clerk of the Board of Supervisors of
The County of Tehama

By _____, Deputy