

MENTAL HEALTH AWARENESS MONTH

“Turn Awareness Into Action”

PROCLAMATION 2025

WHEREAS, mental health includes our emotional, psychological, and social well-being, and affects how we think, feel, act, handle stress, relate to others, and make choices; and

WHEREAS, mental health challenges are some of the most common health conditions that affect one in five Americans regardless of age, gender, race, ethnicity, religion or economic status; and

WHEREAS, mental health challenges impact the person experiencing mental health challenges and those persons who care and love the person facing the challenges; and

WHEREAS, recovery can and does happen, businesses, schools, government agencies, health care providers, community organizations, and citizens share in the responsibility of working with mental health challenges and benefit from promoting mental wellness and supporting prevention efforts; and

WHEREAS, all citizens are called upon to take action for your personal mental well-being—whether by setting boundaries, reaching out for support, or practicing self-care—it can make a lasting difference; and

WHEREAS, no matter your background or experience, there’s a role for you in building a future where mental health is a priority for all, and change happens when everyday people take small steps toward a healthier, more supportive world—and that means we have the power to help by sharing resources, supporting a friend, advocating for better policies, or simply starting conversations, every action counts; 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

WHEREAS, the month of May has been declared National Mental Health Awareness Month and it is a time for communities to acknowledge the importance of mental health and take action to ensure that individuals with mental illnesses have access to care, treatment, and prevention services they need; and

NOW, therefore, the Tehama County Board of Supervisors does hereby Proclaim that May is Mental Health Awareness Month.

Proclaimed this 29th day of April 2025

Matt Hansen, 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