

Humboldt County Board of Supervisors **PROCLAMATION**

in honor of

MENTAL HEALTH MATTERS MONTH

WHEREAS, “May is Mental Health Matters Month,” which is a time to create greater public awareness about mental health, a time to change attitudes about mental illness, a time to promote wellness and recovery and a time to reduce stigma and discrimination; and

WHEREAS, mental health is essential to everyone’s overall health and wellbeing, and addressing the mental health needs of children, youth, adults, seniors and families is fundamental to having a healthy community; and

WHEREAS, mental health challenges are one of the most common health conditions in California, affecting one out of seven adults and impacting both the person experiencing mental health challenges and those who love and care about them; and

WHEREAS, every day, millions of people face stigma related to mental health and may feel isolated and alone, some going years before receiving any help; and

WHEREAS, all people experience times of difficulty and stress in their lives and with the increased prevalence of mental health conditions in our community, it is important for all residents of Humboldt County to know that specific tools exist which can be used to better handle challenges and protect one’s health and wellbeing; and

WHEREAS, compared to the state, Humboldt County faces statistically higher rates of suicide, addiction and homelessness which are all potential negative outcomes of untreated mental illness; and

WHEREAS, prevention is an effective way to reduce the burden of mental health conditions, and with early and effective treatment, individuals with mental health conditions can recover and lead full, productive lives; and

WHEREAS, it is appropriate to recognize the importance of improving the mental health of all of our residents, and Humboldt County is committed to raising awareness about mental illness, promoting effective community partnerships and collaborations to serve the mental health needs of our community and increasing access to culturally and linguistically appropriate mental health services; and

WHEREAS, Humboldt County continues to invest in mental health services and a robust local continuum of care, including recruiting for mental health professionals and expanding access to mental health resources throughout the county; and

WHEREAS, there are many organizations including the Humboldt County Department of Health & Human Services, nonprofits and private agencies, as well as faith-based and government programs with staff who work tirelessly to provide treatment options and improve the lives of local residents and the families of those affected by mental illness.

NOW, THEREFORE, BE IT RESOLVED, that the Humboldt County Board of Supervisors hereby proclaims May 2026 as “May is Mental Health Matters Month” in Humboldt County and calls upon the community, government agencies, public and private institutions and businesses and schools in the county to commit to increasing awareness and understanding of mental health, the steps citizens can take to promote their own mental health and the right for appropriate and accessible services for all people with mental health needs.



May 12, 2026

Mike Wilson, Chair