

**RECOGNITION OF MENTAL HEALTH AWARENESS MONTH
MAY 2023**

***WHEREAS**, Mental Health America's campaign this year is focused on surroundings that impact mental health, and are calling for individuals to look around, and look within; and*

***WHEREAS**, the stigma around mental health and treatment has long existed, even though this has started to change. Still, people hesitate to seek help or even talk about it with their loved ones for fear of being judged and facing unnecessary backlash; and*

***WHEREAS**, one out of every 24 Californian's with a serious mental health condition have difficulty functioning in everyday life and if left untreated, have life expectancies 25 years shorter than the general population; 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; and*

***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; and*

***WHEREAS**, the City of South San Francisco is also advancing the mental health of the community by participating in a Community Wellness Crisis Response Team pilot program with the goal of de-escalating mental health crisis calls to 9-1-1 in the community by clinically trained mental health staff; and*

***WHEREAS**, if you need suicide or mental health-related crisis support, or are worried about someone else, please visit the **988 Suicide & Crisis Lifeline** by calling or texting. There is help available.*

***NOW, THEREFORE, BE IT RESOLVED**, that the City Council of the City of South San Francisco does hereby recognize May 2023 as Mental Health Awareness Month to enhance public awareness of mental health to help end the stigma.*

Buenafior Nicolas, Mayor, District 3

Mark Nagales, Vice Mayor, District 2

Mark Addiego, Councilmember, District 1

James Coleman, Councilmember, District 4

Eddie Flores, Councilmember, District 5