

**RECOGNITION OF MAY AS MENTAL HEALTH AWARENESS MONTH**  
**May 13, 2020**

**WHEREAS**, *mental health is essential to everyone’s overall health and well-being; and*

**WHEREAS**, *all Americans face challenges in life that can impact their mental health; and*

**WHEREAS**, *prevention is an effective way to reduce the burden of mental health conditions; and*

**WHEREAS**, *there are practical tools that all people can use to improve their mental health and increase resiliency; and*

**WHEREAS**, *mental health conditions are real and prevalent in our nation; and*

**WHEREAS**, *with effective treatment, those individuals with mental health conditions can recover and lead full, productive lives; and*

**WHEREAS**, *each business, school, government agency, healthcare provider, organization, and citizen shares the burden of mental health problems and has a responsibility to promote mental wellness and support prevention efforts; and*

**WHEREAS**, *the City of South San Francisco is joining forces with the County of San Mateo, which is also recognizing May as Mental Health Awareness Month at its May 19<sup>th</sup> Board of Supervisors meeting.*

**NOW, THEREFORE, BE IT RESOLVED** *that Mayor Richard Garbarino and the City Council of the City of South San Francisco do hereby proclaim May as Mental Health Awareness Month in South San Francisco and call upon our community to wear lime green, the symbolic color of this important month, and celebrate this year’s theme of “Tools 2 Thrive”, by increasing awareness, education, and understanding of mental health in our community.*

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*Richard Garbarino, Mayor*

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*Mark Addiego, Vice Mayor*

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*Karyl Matsumoto, Councilmember*

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*Mark Nagales, Councilmember*

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*Buenaflor Nicolas, Councilmember*

*Dated: May 13, 2020*