

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 19th 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.

Richard Garbarino, Mayor

Mark Addiego, Vice Mayor

Karyl Matsumoto, Councilmember

Mark Nagales, Councilmember

Buenaflor Nicolas, Councilmember