



Dear [INSERT NAME],

Every day, millions of people face stigma related to mental illness, causing many to face their mental health challenges for years without help. Each May, Mental Health Matters Month provides the opportunity for everyone to come together to illuminate mental health awareness in an effort to stop the stigma. Bringing forth this awareness is crucial to helping people reach out for the assistance they deserve.

To stand in solidarity with cities and counties across California to stop the stigma surrounding mental health, we are contacting you to request that [INSERT CITY/COUNTY NAME] adopt the following resolution to recognize May 2023 as Mental Health Matters Month in our community. By officially recognizing May as Mental Health Matters Month, we believe we can help unite our community members and Californians throughout the state with a shared vision of improved mental health and equality.

We have provided a pre-written proclamation below that can be adapted as needed to reflect our community's specific needs. This is a time to amplify the voices of all people who want to put an end to the stigma and create a community where everyone feels comfortable reaching out for help. We believe taking this step to declare Mental Health Matters Month in our community will show that [INSERT CITY/COUNTY NAME] is an ally and supportive leader in these efforts.

We hope you will join us in raising awareness and putting an end to the stigma.

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May is Mental Health Matters Month – Proclamation Template

This measure would recognize May 2023 as Mental Health Matters Month in [AREA] to enhance public awareness of mental health and dispel the stigma surrounding it.

WHEREAS, Mental health challenges are one of the most common health conditions in California, affecting one out of six adults and impacting¹ both the person experiencing mental health challenges and those persons who care and love the person facing the challenge; and

WHEREAS, One out of every twenty-four Californian’s with a serious mental illness have difficulty functioning in everyday life and if left untreated, have life expectancies 25 years shorter than the general population;² and

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

WHEREAS, Recovery can and does happen, and all Californians should know that support and help is available regardless of any individual’s situation; and

WHEREAS, Creating a community where everyone feels comfortable reaching out for the support they deserve is crucial to ending the stigma around mental health; and

WHEREAS, Access to support and ending the stigma is of paramount importance; and

WHEREAS, The [CITY/COUNTY] [CITY COUNCIL/BOARD OF SUPERVISORS] of [AREA] wishes to enhance public awareness of mental health now, therefore, be it

¹ Mental Health in California: For Too Many, Care Not There. California Health Care Foundation, 2018, Mental Health in California: For Too Many, Care Not There.

² “Breakdown: California’s Mental Health System, Explained.” CalMatters, 30 Apr. 2019, calmatters.org/explainers/breakdown-californias-mental-health-system-explained/.

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Resolved by the [NAME OF ENTITY], thereof concurring, that the [NAME OF ENTITY] hereby recognizes May 2023 as Mental Health Matters Month in [AREA] to enhance public awareness of mental health to help end the stigma.

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