



*Proclamation
of the City of Foster City, California*

**Recognizing May 2023 as
Mental Health Month**

WHEREAS, **Mental Health Month** focuses on the 2023 theme #Share4MH, which aims to reduce stigma, encourage support and promote wellness to address mental health and substance use conditions;

WHEREAS, in 2021, one out of every eight San Mateo County adults likely had serious psychological distress in the past year. From 2019 to 2021, San Mateo County youth grades 7 and 11 reported chronic sadness and hopelessness (29% and 43%, respectively) in the past 12 months; 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; if left untreated, have life expectancies 25 years shorter than the general population; and

WHEREAS, while mental health conditions are common across all types of demographics, certain communities face inequitable access to services, including people of color, LGBTQ+ community, youth and older adults; 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 San Mateo County Behavioral Health and Recovery Services Office of Diversity and Equity, Mayors Mental Health Initiative and partners are collectively organizing activities that our community can participate throughout the month, including free in-person and virtual events, advocacy days and social media campaign. Ongoing updates posted at www.SMCHHealth.org/MHM; and

WHEREAS, Foster City wishes to increase the public's knowledge of signs and symptoms of mental health and substance use conditions, professional and self-help resources and self-care practices.

NOW, THEREFORE, I, JON FROOMIN, MAYOR OF THE CITY OF FOSTER CITY, ON BEHALF OF THE CITY COUNCIL, do hereby recognize May 2023 as **Mental Health Month** to enhance public awareness of mental health to help end the stigma and direct members of the community to resources and support for mental health and substance use conditions.

IN WITNESS WHEREOF, I have hereunto set my hand and have caused the official seal of the City of Foster City to be affixed this 1st of May, in the year two thousand and twenty-three, A.D.

JON FROOMIN, MAYOR

