



May Mental Health Awareness Month May 2023

IN RECOGNITION OF MENTAL HEALTH MATTERS MONTH

This measure would recognize May 2023 as Mental Health Matters Month in the Town of Atherton 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 impacting 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; 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 Town of Atherton wishes to enhance public awareness of mental health now;

NOW, THEREFORE as Mayor of the Town of Atherton, and on behalf of the Atherton Town Council, hereby recognizes May 2023 as Mental Health Matters Month to enhance public awareness of mental health to help end the stigma.

IN WITNESS WHEREOF, I have hereunto set my hand and caused the seal of the Town of Atherton to be affixed this 17th day of May, 2023.

Bill Widmer
Mayor