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BEFORE THE BOARD OF SUPERVISORS
COUNTY OF FRESNO
STATE OF CALIFORNIA

RESOLUTION NO. 19-190

**IN THE MATTER OF PROCLAIMING MAY 2019)
AS MENTAL HEALTH AWARENESS MONTH)**

WHEREAS, The Department of Behavioral Health In partnership with our diverse communities, is dedicated to providing quality, culturally-responsive, behavioral health services to promote wellness, recovery, and resiliency for individuals and families in our communities; and

WHEREAS, All individuals experience times of difficulty and stress in their lives; and

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

WHEREAS, There is a strong research that diet, exercise, sleep, and stress management can help individuals protect their health and well-being; and

WHEREAS, Inclusion of spirituality, humor, work-life balance, animal companionship (including pets and support animals), recreation and social connections can be ways to boost mental health and general wellness; and

WHEREAS, Mental health concerns are real, prevalent and affect many adults and children regardless of age, gender, ethnicity, socioeconomic status or religion; and

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

WHEREAS, The County of Fresno shares the burden of mental health problems and has a responsibility to promote mental wellness and support prevention efforts; and

WHEREAS, The County of Fresno acknowledges and supports Mental Health America's theme of "Fitness #4Mind4Body," designed to help individuals better manage physical health and mental health, as well as address the whole person which can help achieve overall wellness.

NOW THEREFORE, BE IT RESOLVED that the Fresno County Board of Supervisors hereby proclaims May 2019 as Mental Health Awareness Month in order to increase prevention and early intervention efforts, reduce stigma and to call upon residents, government and community agencies, businesses, hospitals and schools to increase awareness and understanding of mental illness and the need for appropriate and accessible services for all.

1 **THE FOREGOING**, was passed and adopted by the following vote of the Board of Supervisors of
2 the County of Fresno this 7th day of May, 2019, to-wit:

3 AYES: Supervisors, Brandau, Magsig, Mendes, Pacheco, Quintero
4 NOES: None
5 ABSENT: None
6 ABSTAINED: None



Nathan Magsig, Chairman of the Board of
Supervisors of the County of Fresno

7 ATTEST:
8 BERNICE E. SEIDEL
9 Clerk of the Board of Supervisors
10 County of Fresno, State of California

11 By Susan Bishop
12 Deputy

13 File ID# 19-0542
14 Agenda Item # 6
15 Resolution # 19-190