

RESOLUTION NO. 2019-8400

A RESOLUTION OF THE BOARD OF SUPERVISORS OF PLUMAS COUNTY
PROCLAIMING MAY 2019 AS MENTAL HEALTH AWARENESS MONTH

Whereas mental health is part of overall health; and

Whereas one in five adults experiences a mental health problem in any given year and one in 17 adults lives with mental illness such as major depression, bipolar disorder or schizophrenia; and

Whereas approximately one-half of chronic mental illness begins by the age of 14 and three-quarters by age 24;

Whereas long delays—sometimes decades—often occur between the time symptoms first appear and when individuals get help; and

Whereas early identification and treatment can make a difference in successful management of mental illness and recovery; and

Whereas it is important to maintain mental health and learn the symptoms of mental illness in order to get help when it is needed; and

Whereas, every person and community can make a difference in helping end the silence and stigma that for too long has surrounded mental illness and discouraged people from getting help;

Whereas public education and civic activities can encourage mental health and help improve the lives of individuals and their families affected by mental illness;

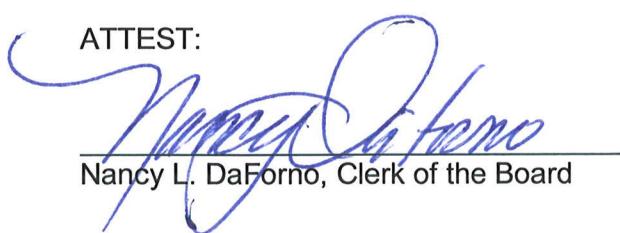
NOW, THEREFORE BE IT RESOLVED, the Board of Supervisors of Plumas County do hereby proclaim May 2019 as Mental Health Awareness Month in Plumas County, to increase public understanding of the importance of mental health and to promote identification and treatment of mental illnesses.

ADOPTED May 7, 2019, by the County Board of Supervisors of the County of Plumas by the following vote:

AYES:	Supervisors	SIMPSON, THRALL, GOSS, ENGEL, SANCHEZ
NOES:	Supervisors	NONE
ABSENT:	Supervisors	NONE
ABSTAIN:	Supervisors	NONE


Michael Sanchez, Chairperson
Board of Supervisors

ATTEST:


Nancy L. DaForno, Clerk of the Board