

Proclamation

Mental Health Month May 2022

WHEREAS, mental health conditions are one of the most common health conditions worldwide, and the COVID-19 pandemic has triggered a 25% increase in the prevalence of anxiety and depression; and

WHEREAS, last year, the U.S. Surgeon General issued a health advisory on the youth mental health crisis that has been further exposed by the COVID-19 pandemic; and

WHEREAS, one out of every 24 Californian's with a serious mental health condition 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 substance use conditions and may feel isolated and alone, going years before receiving any help; 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, this year's May Mental Health Month theme, #SMCTakeAction4MH, encourages everyone to take actionable steps towards addressing mental health and substance use conditions with the overarching goal to support mental wellness; and

WHEREAS, the City of Redwood City has joined the San Mateo County Mayors Mental Health Initiative where mayors across the 20 cities in San Mateo County have come together with the mission of promoting awareness of and access to mental health resources in their communities; and


WHEREAS, the City of Redwood City is also advancing the mental health of the community by participating in a Community Wellness Crisis Response Team pilot program with the goal of de-escalating mental health crisis calls to 9-1-1 in the community by clinically trained mental health staff; and

WHEREAS, the City of Redwood 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, BE IT RESOLVED THAT I, GISELLE HALE, MAYOR OF REDWOOD CITY, on behalf of the City Council and the people of the City of Redwood City, do hereby recognize May 2022 as Mental Health Month in Redwood City 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.

Date: May 9, 2022





Giselle Hale, Mayor



Diana Reddy, Vice Mayor



Alicia C. Aguirre, Council Member



Lissette Espinoza-Garnica, Council Member



Jeff Gee, Council Member



Diane Howard, Council Member



Michael A. Smith, Council Member