

# The Board of Supervisors of Contra Costa County, California

**In the matter of: Acknowledgement of the  
Month of May 2025 as Mental Health  
Awareness Month.**

Resolution No. 2025-147

**WHEREAS**, the County of Contra Costa declares the month of May 2025 as Mental Health Awareness Month; and

**WHEREAS**, Californians living with a serious mental health condition in general experience a life expectancy of up to 25+ years shorter than the general population if not provided appropriate services and support; and

**WHEREAS**, during May and throughout the year, it is essential we all promote understanding that those experiencing mental health challenges have conditions that are treatable and, with treatment, achieve fulfilling lives with basic needs met: shelter, food, social inclusion, participation in community life, sense of personal worth, and people who care about them. Central to this is promotion of the principles of wellness, resiliency, hope and recovery; recovery of what was lost by untreated conditions and hope that more is possible. It is essential our community works together to eliminate stigma associated with mental health conditions, counter the destructive effects of discrimination, and establish inclusion rather than exclusion; and

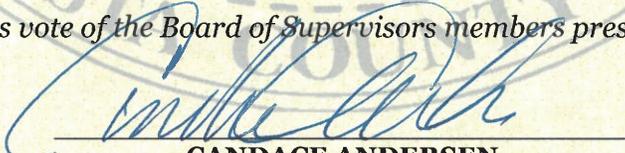
**WHEREAS**, in an effort to better recognize and serve residents of all parts of our community, understanding and respecting of the cultural, ethnic and linguistic diversity of Contra Costa residents are central to advancing goals of equitable access to care. Mental health conditions are health conditions. They deeply impact our sense of wellbeing and ability to live a fulfilling life. As with other health conditions, left untreated, they have a negative impact on the individual, their family and their community; and

**WHEREAS**, lack of awareness of available treatment resources, challenges of navigating confusing treatment delivery systems, and experiencing stigma and sometimes shame or embarrassment are deterrents to obtaining needed mental health services; and

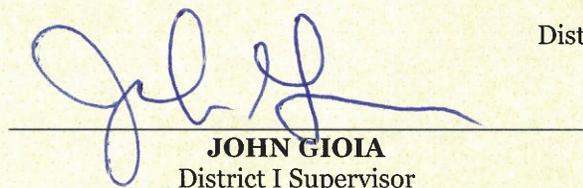
**WHEREAS**, the Contra Costa County Board of Supervisors is committed to increasing awareness of the importance of mental health, supporting access to mental health care and creating a stigma-free, safe and inclusive environment for all residents; and

**NOW, THEREFORE, BE IT RESOLVED** that the Board of Supervisors of Contra Costa County does hereby recognizes May 2025 as Mental Health Awareness Month.

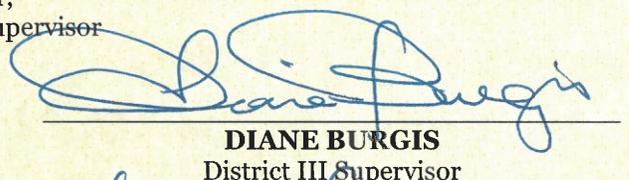
*PASSED by a unanimous vote of the Board of Supervisors members present this 13<sup>th</sup> day of May 2025.*



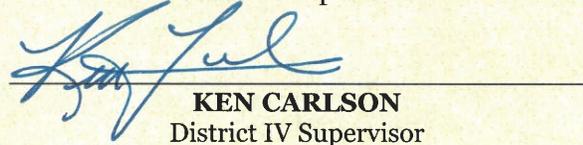
**CANDACE ANDERSEN**  
Chair,  
District II Supervisor



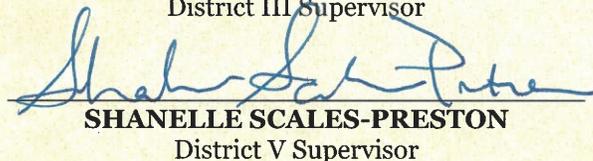
**JOHN GIOIA**  
District I Supervisor



**DIANE BURGIS**  
District III Supervisor



**KEN CARLSON**  
District IV Supervisor



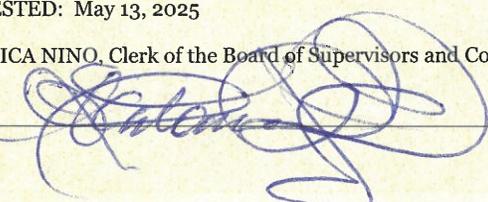
**SHANELLE SCALES-PRESTON**  
District V Supervisor



I hereby certify that this is a true and correct copy of an action taken and entered on the minutes of the Board of Supervisors on the date shown:

ATTESTED: May 13, 2025

MONICA NINO, Clerk of the Board of Supervisors and County Administrator

By  , Deputy