

# The Board of Supervisors of Contra Costa County, California

**In the matter of: Acknowledging the month of  
May 2026 as MENTAL HEALTH AWARENESS  
MONTH, in Contra Costa County.**

Resolution No. 2026-190

**WHEREAS**, the County of Contra Costa recognizes May 2026 as Mental Health Awareness Month and reaffirms its commitment to supporting the mental health and wellbeing of all residents; and

**WHEREAS**, mental health is an essential part of overall health, and approximately one in twenty-four Californians living with a serious mental health condition experience significant difficulty functioning in everyday life and may face substantially reduced life expectancy without appropriate treatment and support; and

**WHEREAS**, periods of uncertainty, ambiguity and stress can significantly impact the emotional and mental well-being of individuals, families, and communities; and

**WHEREAS**, Contra Costa Health continues to provide critical behavioral health services and crisis response support to residents throughout the county, including through the Behavioral Health Access Line, which fielded 94,710 incoming and outreach calls to assess care needs, provide referrals, connect residents to substance use counseling and community-based resources, and coordinate crisis response support; and

**WHEREAS**, increasing awareness, reducing stigma, promoting self-care, and encouraging early intervention help individuals feel supported and empowered to seek care, particularly young people who benefit from strong systems of support and connection; and

**WHEREAS**, Contra Costa County remains committed to fostering an inclusive and equitable community where all residents feel a sense of belonging and where mental health is treated with the same importance, dignity and compassion as physical health; and

**WHEREAS**, hope, resilience, fortitude, and compassion strengthen the wellbeing of individuals and families and help communities heal and thrive; and

**NOW, THEREFORE, BE IT RESOLVED** that the Board of Supervisors of Contra Costa County does hereby recognize **May 2026 as *Mental Health Awareness Month*** and encourages all residents to support mental wellness, practice selfcare, instill hope and early intervention for all people, throughout the community.

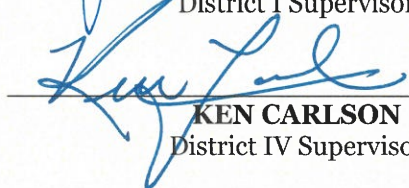
*PASSED by a unanimous vote of the Board of Supervisors members present this 19<sup>th</sup> day of May 2026.*



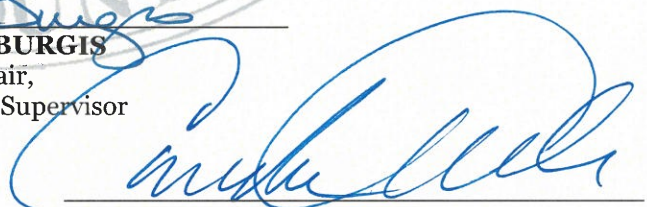
**DIANE BURGIS**  
Chair,  
District III Supervisor



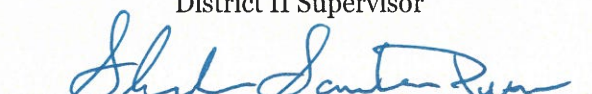
**JOHN GIOIA**  
District I Supervisor



**KEN CARLSON**  
District IV Supervisor



**CANDACE ANDERSEN**  
District II 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 19, 2026

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

By  , Deputy