

Mental Health Month

May 2011

WHEREAS, mental health is a critical but often neglected part of an individual’s physical health and emotional well-being; and,

WHEREAS, mental illness knows no boundaries and impacts lives without regard to age, ethnicity, gender or income; and,

WHEREAS, society must promote the understanding that mental health illnesses are treatable conditions and those who live with these afflictions deserve to be helped and not stigmatized or discriminated against; and,

WHEREAS, by 2030 the World Health Organization predicts that depression, a mental disorder, will be the leading global health problem surpassing cancer and AIDS/HIV; and,

WHEREAS, nationally, one in four adults and 46% of the adolescent population will suffer from a mental illness at some point in their lives; and,

WHEREAS, in California one in five people are affected by mental illness, and thousands of family members experience profound consequences indirectly as they watch their friends or loved ones struggle with this illness; and,

WHEREAS, nine percent of Alameda County’s population suffers from serious emotional disturbance or mental illness; and,

WHEREAS, in 2011 Alameda County’s Department of Behavioral Health Care Services served almost 34,000 residents as well as over 11,000 Alameda County young people, ages 0-17, were treated for mental health needs.

NOW, THEREFORE, BE IT PROCLAIMED that this Board of Supervisors, County of Alameda, does hereby proclaim the month of May 2011 as Mental Health Awareness Month, to heighten public awareness of mental health issues and to assist mental health consumers and their families in eliminating the stigma of mental health illness.

NATE MILEY, President
Supervisor, Fourth District

May 17, 2011

KEITH CARSON, Vice-President
Supervisor, Fifth District

SCOTT HAGGERTY
Supervisor, First District

NADIA LOCKYER
Supervisor, Second District

WILMA CHAN
Supervisor, Third District