

Proclamation

MENTAL HEALTH AWARENESS MONTH – MAY 2026

WHEREAS, mental health conditions are among the most common health conditions and more than half the world’s population will live with a mental health condition in their lifetime; and

WHEREAS, in 2021 – 2023, approximately 12.5% of San Mateo County adults had serious psychological distress in the past year and San Mateo County youth grades 7, 9 and 11 reported social emotional distress (25%, 26% and 32%, respectively) in the past 12 months; 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; if left untreated, have life expectancies 25 years shorter than the general population; and

WHEREAS, mental health conditions affect all demographics, though certain communities face inequitable access to services, such as people of color, the LGBTQIA+ community, youth, and older adults; and

WHEREAS, mental health and substance use conditions are treatable health conditions, and persons who have these conditions can recover and lead full and meaningful lives; and

WHEREAS, residents have access to many behavioral health services at no cost. San Mateo County Behavioral Health and Recovery Services (BHRS) and its contracted network of providers, offer the full spectrum of direct treatment, specialized supports, early intervention, crisis supports and prevention; and

WHEREAS, this month is the time to educate ourselves on the signs and symptoms of mental health and substance use conditions, professional and self-help resources and self-care practices; and

WHEREAS, the 2026 theme, “Mental Health is Ours”, emphasizes the vital importance of community, collective action and holistic support; and

WHEREAS, Menlo Park’s eighth annual Mental Health Month open mic night will be held on May 27 at Café Zoe from 6 – 8 p.m., and all are encouraged to attend; and

NOW, THEREFORE, BE IT PROCLAIMED, that I, Betsy Nash, Mayor of the City of Menlo Park, on behalf of the City Council and City, do hereby proclaim and celebrate May 2026 as Mental Health Awareness Month in Menlo Park.

Betsy Nash, Mayor
May 12, 2026