**Dear [INSERT NAME],**

Every day, millions of people silently struggle with mental health challenges, often feeling overwhelmed by the stigma that keeps them from seeking the help they need. Too many carry this burden alone, enduring their pain in silence because they fear judgment or misunderstanding. Mental Health Matters Month in May provides us with a powerful opportunity to change that. It’s a time for our communities to come together—to offer compassion, to foster understanding, and to let those who are struggling know that they are not alone. By shining a light on mental health during this important month, we can break down the barriers of stigma, encourage open conversations, and remind everyone that reaching out for support is a sign of strength, not weakness.

We invite [INSERT CITY/COUNTY NAME] to join cities and counties across California in this important cause by adopting the following resolution to officially recognize May [YYYY] as Mental Health Matters Month. By doing so, we can reinforce our shared commitment to promoting mental well-being and equality, while ensuring that no one feels isolated or unsupported.

Enclosed is a pre-written proclamation that can be tailored to fit our community’s specific needs. This is a moment to amplify the voices of those who are dedicated to ending the stigma surrounding mental health and to foster a community where all individuals feel empowered to reach out for support. By taking this step, [INSERT CITY/COUNTY NAME] can affirm its role as a leader in this movement and an ally to those facing mental health challenges.

We hope you will join us in championing this cause and helping to create an environment where everyone is treated with compassion and dignity.

**May is Mental Health Matters Month – Proclamation Template**

This measure would officially recognize May [YYYY] as **Mental Health Matters Month** in [AREA] to raise awareness about mental health, reduce stigma, and promote access to care for all.

**WHEREAS,** Mental health challenges affect one in seven adults in California, impacting not only individuals living with mental health conditions but also their families, friends, and caregivers; and

**WHEREAS,** Approximately one in twenty-four Californians living with a serious mental illness experience significant difficulty functioning in everyday life, and without proper treatment, they may face a life expectancy up to 25 years shorter than the general population; and

**WHEREAS,** Each day, millions of people confront mental health challenges, often feeling isolated and reluctant to seek help due to the stigma associated with mental illness; and

**WHEREAS,** Recovery is possible, and with the right support, individuals can overcome mental health challenges and lead fulfilling lives; and

**WHEREAS,** It is essential to create an environment where everyone feels safe and supported in reaching out for help, fostering a community where mental health is treated with the same care and respect as physical health; and

**WHEREAS,** Access to mental health support and eliminating the stigma surrounding mental illness are crucial to ensuring the well-being of all Californians; and

**WHEREAS,** The [CITY/COUNTY] [CITY COUNCIL/BOARD OF SUPERVISORS] of [AREA] is committed to increasing awareness of mental health and creating a supportive, stigma-free environment for all residents; now, therefore, be it

**RESOLVED,** by the [NAME OF ENTITY], with all members concurring, that the [NAME OF ENTITY] hereby proclaims May [YYYY] as Mental Health Matters Month in [AREA], to raise awareness about mental health, eliminate stigma, and promote access to the resources necessary for all individuals to live healthy, balanced lives.