

**Yolo County  
Board of Supervisors**

**Resolution No. 23-65**

**Declaring May 2023 Mental Health Month in Yolo County**

**WHEREAS**, mental health is essential to everyone's overall health and well-being; and

**WHEREAS**, we all experience times of difficulty and stress in our lives; and

**WHEREAS**, mental health conditions are real and prevalent in our nation, and half of us will have a mental health diagnosis at some point in our lives; and

**WHEREAS**, there's often no one single cause for a mental health condition. Instead, there are many possible risk factors that can influence how likely a person is to experience a mental health condition or how serious the symptoms may be. These risk factors include exposure to trauma; your environment and how it impacts your health and quality of life (also known as social determinants of health); genetics; brain chemistry; and your habits and lifestyle; and

**WHEREAS**, each business, school, government agency, health care provider, organization, and citizen share the burden of mental health problems and has a responsibility to promote mental wellness and support prevention and treatment efforts, including It Only Takes media campaign; and

**WHEREAS**, 988 is now available nationwide. This new three-digit number is an easy-to-remember way for people to connect with help and support during a mental health, substance use, or suicide crisis. Anyone in a mental health crisis can call, text, or chat with 988 and be connected to trained crisis counselors in the 988 Suicide and Crisis Lifeline network (formerly known as the National Suicide Prevention Lifeline); and

**WHEREAS**, in Yolo County the K-12 School Partnership Programs were implemented in November 2021 in all five county school districts and the Office of Education. To date, more than 4000 students have received mental health services at their school. Access to mental health professionals through the school as well as the presence of clinicians on some campuses provide support to district staff, support students' needs in the moment and destigmatize accessing mental health services.

**NOW, THEREFORE, BE IT RESOLVED** that the Yolo County Board of Supervisors hereby declares the month of May 2023 as Mental Health Month in Yolo County and calls upon all citizens, government agencies, public and private institutions, businesses and schools to recommit our community to increasing awareness and understanding of mental health, the steps our citizens can take to protect their mental health, and the need for appropriate and accessible services for all people with mental health conditions at all stages.

**PASSED AND ADOPTED** this 9th day of May, 2023 by the following vote:

**AYES:** Frerichs, Sandy, Provenza, Barajas, Villegas.

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Oscar E. Villegas, Chair  
Yolo County Board of Supervisors