

MOTION BY SUPERVISOR KATHRYN BARGER

May 1, 2018

Proclaim May Mental Health Awareness Month

Since 1949, May has been recognized as Mental Health Awareness Month, and at the County of Los Angeles we are invested in promoting mental health awareness among our workforce. Due to the correlation between our mental health and our physical health, the theme for the 2018 Mental Health Awareness Month campaign is “Fitness #4Mind4Body.” In addition to general topics on mental health, highlighted topics will include information on nutrition, food, and fitness, with a special emphasis on:

- How nutrition and food can affect mental performance and mood;
- The role of stress and inflammation in the development of mental health disorders;
- The preventative and recovery promoting aspects of physical activity; and
- The importance of sleep.

– MORE –

Solis _____

Ridley-Thomas _____

Hahn _____

Barger _____

Kuehl _____

Depression costs employers an estimated \$44 billion each year in lost productivity, and there is also an incalculable cost to the affected employee, their families and friends. Since workplaces play such an important role in individuals' lives, and therefore their mental health, providing workplace support is crucial. We must start by destigmatizing mental health issues, calling attention to mental health issues in our communities, and providing education and support.

I, THEREFORE, MOVE THAT THE BOARD:

1. Proclaim May as "Mental Health Awareness Month throughout Los Angeles County"; and
2. Encourage all County departments to promote psychological well-being in the workplace, support mental health awareness activities, and join the campaign on "Fitness #4Mind4Body."

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