

MOTION BY SUPERVISOR KATHRYN BARGER

April 23, 2024

MAY 2024 MENTAL HEALTH AWARENESS MONTH

In celebration of Mental Health Awareness Month during May 2024, and in acknowledgement that a mental health crisis exists across our County and nation, we recognize that our communities need support.

To help our communities build resilience and connection, the Los Angeles County Department of Mental Health (DMH) is launching this year's Take Action for Mental Health LA County campaign during the month of May, in partnership with nearly 70 community-based organizations and other County departments.

The need for mental health resources and support to heal and unite continues to grow as the nation faces a youth mental health crisis and the continued need to heal from violence in communities, persistent political and social turmoil, systemic racial injustice, worldwide atrocities, and economic uncertainties. All of these continue to take a profound toll on our collective mental health and wellbeing.

Take Action for Mental Health LA County will be comprised of nearly 190 Countywide events that promote health and healing by encouraging people to take action on their mental health for themselves and others. Developed by DMH, and in collaboration with the California Mental Health Services Authority (CalMHSA), Take Action for Mental Health LA County invests in local organizations, community leaders, creative individuals, and innovative ideas to strengthen community wellbeing. Throughout Mental Health Awareness Month in May, the Take Action for Mental Health LA County campaign will provide positive programming through community events, cultural experiences, and gatherings that foster togetherness, healing, and community engagement across all eight Los Angeles County service areas, five supervisorial districts, and a myriad of communities and neighborhoods. These free events will connect people of all ages and social and cultural backgrounds with the focus on decreasing stigma, increasing help-seeking behaviors, and awareness of and access to mental health services and resources. This May, we will foster community strength, creativity, and togetherness to heal and provide hope across the County while achieving mental health for all.

I, THEREFORE, MOVE that the Board of Supervisors proclaim May 2024 as Mental Health Awareness Month in Los Angeles County, supporting this work wholeheartedly and encouraging all County departments to participate in the Take Action for Mental Health LA County campaign.

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