

MOTION BY SUPERVISOR KATHRYN BARGER

April 7, 2026

Mental Health Awareness Month – Proclaim May 2026 as Mental Health Awareness Month in Los Angeles County, and Support a Healthful Workforce Through Education and Training

Mental Health Awareness Month is a vital observance that underscores the importance of psychological well-being for a productive society. Within the County of Los Angeles (County), where employees serve a diverse population in high-demand settings, recognizing this month reinforces the commitment to reducing stigma, promoting early intervention, and fostering resilience among employees. As one of the largest public employers in the U.S., Los Angeles County acknowledges its responsibility to cultivate a healthy workforce, which is essential for operational efficiency and the delivery of public services.

Addressing mental health challenges in the workplace is critical to preventing stigma, improving performance, reducing absenteeism, and enhancing service delivery. The stigma surrounding mental health often prevents employees from seeking help or discussing their wellness openly. Additionally, the emotional toll of grief, cumulative stress, and exposure to traumatic situations can negatively impact focus and job performance. For many County employees—particularly those serving vulnerable populations—training on vicarious trauma is essential to recognizing the signs of secondary traumatic stress, strengthening coping strategies, and promoting long-term resilience. Addressing suicide prevention and coping with grief in the workplace remains a key priority, and comprehensive training can improve awareness and facilitate timely support.

The County’s commitment to targeted training and awareness around mental health, grief, suicide prevention, and vicarious trauma reflects its dedication to promoting employee wellness, equity, and organizational resilience.

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MOTION

MITCHELL	_____
HORVATH	_____
HAHN	_____
BARGER	_____
SOLIS	_____

I, THEREFORE, MOVE that the Board of Supervisors:

1. Proclaim the month of May 2026 as Mental Health Awareness Month in Los Angeles County; and
2. Instruct the Director of Personnel to promote and make available training and educational opportunities during May 2026 that address reducing the stigmatization of mental health issues in the workplace; recognizing and responding to grief and loss in the workplace; suicide prevention, including awareness of warning signs and pathways to assistance; and understanding the benefits, strengths, and impacts of the veteran workforce and approaches to supporting veterans employed by the County;
 - a. Promote awareness, provide educational tools, and distribute resources throughout the County workforce to support the County's goal of maintaining a healthy workforce through prevention, education, and a culture that promotes respect, dignity, and access to support; and
 - b. Encourage County leadership, labor partners, and employees to observe Mental Health Awareness Month through participation in educational activities and continued efforts to foster a supportive and inclusive workplace.

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