

MOTION BY SUPERVISOR HILDA L. SOLIS

APRIL 7, 2026

Proclaiming May 2026 as Mental Health Awareness Month

In recognition of Mental Health Awareness Month each May, Los Angeles County reaffirms its commitment to promoting mental health and wellbeing, reducing stigma, and ensuring that all residents have access to the care and support they need to thrive. Los Angeles County continues to face a significant mental health crisis, particularly among young people. Rising rates of anxiety, depression, trauma, and social isolation have underscored the urgent need for accessible, community-based mental health resources and early intervention efforts that meet individuals where they are.

To address these challenges and strengthen community wellbeing, the Los Angeles County Department of Mental Health (DMH) will once again lead the annual *Take Action for Mental Health LA County* campaign throughout the month of May. This countywide initiative is grounded in the belief that mental health is a shared responsibility and that collective action can foster healing, resilience, and connection across our diverse communities.

This year’s campaign will feature events across all five Supervisorial Districts, eight Los Angeles County Service Areas, communities, and neighborhoods. DMH will host nine large-scale events, with eight events at community colleges throughout Los

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Angeles County, expanding access to critical resources for students and young adults. These events will be open to the broader community as well, welcoming individuals and families to walk in, participate, and engage in free activities that promote mental health and wellbeing. By bringing services, education, and engagement opportunities directly to these campuses, the County aims to respond to the youth mental health crisis while creating inclusive, family-friendly spaces that encourage connection, learning, and support.

Additionally, with DMH's support, community-based organizations, educators, students, and local leaders across Los Angeles County will also support Mental Health Awareness Month activities, as part of the *Take Action* campaign. This will include culturally responsive and community-rooted programming, interactive events, and opportunities for community members to engage in conversations about mental health, build coping skills, and access services. These efforts will continue to emphasize prevention, early intervention, and equity, ensuring that underserved communities receive the support they need and reinforcing our shared commitment to mental health for all. For a full list of events, please visit [TakeActionLA.com](https://www.TakeActionLA.com).

I, THEREFORE, MOVE that the Board of Supervisors proclaim May 2026 as Mental Health Awareness Month in Los Angeles County, and encourage all County departments, community partners, and residents to participate in and support the *Take Action for Mental Health L.A. County* campaign.

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AGN. NO. _____

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