

## Mental Health Awareness Month – May 2025

- WHEREAS, mental health includes our emotional, psychological, and social well-being; it affects how we think, feel, and act; it also affects how we handle stress, relate to others, and make choices; and
- WHEREAS, mental health is important for our individual well-being and vitality, as well as that of our families, communities, and businesses; and
- WHEREAS, nearly 1 in 5 American adults will have a diagnosable mental health condition in any given year and more than 42.5 million U.S. adults live with anxiety disorder, the most common mental health condition in America; and
- WHEREAS, May 1 through May 31, 2025, is recognized as Mental Health Awareness month. Mental Health America (MHA)'s 2025 theme is "Turn Awareness into Action", which celebrates the progress we've made in recognizing the importance of mental health and provides challenges to turn understanding into meaningful steps towards change; and
- WHEREAS, Oakland Community Health Network (OCHN) joins our national partners in promoting this year's "Turn Awareness into Action" campaign; and
- WHEREAS, mental health management ensures that individuals can focus on their abilities to live, work, learn and fully participate and contribute to our society, while promoting diversity, inclusion, and acceptance; and
- WHEREAS, improved systems of care for vulnerable populations, access to non-emergent and crisis services, advanced integrated physical and behavioral health care along with provider relations help to fortify services coordinated by OCHN; and
- WHEREAS, OCHN, and its service provider agencies, are committed to inspiring hope, empowering people, and strengthening communities.

NOW, THEREFORE, BE IT RESOLVED that, Oakland Community Health Network, hereby recognizes May 2025 as Mental Health Awareness Month. OCHN calls upon our citizens, government agencies, public and private institutions, businesses, faith-based organizations, and schools to recommit our state to increasing awareness and understanding of mental illness, and the need for appropriate and accessible services for all people with mental illnesses to promote recovery and a higher quality of life.