WHEREAS, there is a proven connection between good mental health and overall personal health; and

WHEREAS, good mental health is critical to the well-being of our families, communities, schools, and businesses; and

WHEREAS, people with mental illnesses make important contributions to our families and our communities; and

WHEREAS, mental illnesses affect almost every family in America; and

WHEREAS, millions of adults and children are impacted by mental illnesses every year; and

WHEREAS, during the current pandemic, mental health concerns caused by fear and isolation have increased among students, faculty and their families; and

WHEREAS, people with mental illnesses recover if given the necessary services and support systems in their communities; and

WHEREAS, only one out of two people with a serious form of mental illness seeks treatment for his or her mental illness; and

WHEREAS, stigma and fear of discrimination keep many who would benefit from mental health services from seeking help; and

WHEREAS, research shows that the most effective way to reduce stigma is through personal contact with someone with a mental illness; and

WHEREAS, greater public awareness about mental illnesses can change negative attitudes and behaviors toward people with mental illnesses;

NOW, THEREFORE BE IT RESOLVED that the Ohlone Community College Board of Trustees do hereby proclaim May 2021 as Mental Health Awareness Month and direct the college and community to recommit our community to increasing awareness and understanding of mental illnesses, reducing stigma and discrimination, as well as promoting and providing appropriate and accessible services for all people with mental illnesses.

PASSED AND ADOPTED on this 12th day of May 2021.

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Secretary, Board of Trustees
Ohlone Community College District
County of Alameda, State of California