Joint Resolution No. 20-26  
San Mateo County Board of Education  
and  
San Mateo County Superintendent of Schools  

In Recognition of May 2020 as Mental Health Awareness Month

Whereas, Mental Health Awareness Month has been observed in the United States since 1949 with the purpose to raise awareness and educate the public about mental illness and to reduce the stigma that surrounds mental illnesses; and

Whereas, mental health is essential to everyone's overall health and well-being, and mental illnesses are common and treatable; and

Whereas, mental health problems can affect many areas of students' lives, reducing their quality of life, academic achievement, physical health, and relationships; and

Whereas, 37% of students over age 13 with a mental health condition drop out of school, the highest dropout rate for any student group; and

Whereas, though 25% of American teens experience mental health issues, rural students and students of color are less likely to feel that they can reach out to a counselor or teacher for support, according to the ACT Center for Equity in Learning's "Supporting the Mental Health Well-Being of High School Students" survey; and

Whereas, though mental health professionals may be difficult for rural students and students of color to access, teachers trained in mental health first aid can also act as first responders, and through training, educators can spot early signs of emotional distress and get students the help needed; and

Whereas, in partnership with the San Mateo County Office of Education, San Mateo County Behavioral Health and Recovery Services offers free Youth Mental Health First Aid certification trainings to school staff, parents, and community members to prepare them to help youth who may be experiencing a mental health challenge or crisis; and

Whereas, reducing stigma around mental health illness is an important element of strengthening supports and services for student mental health, and it is incumbent upon each of us to do our part to share that mental health affects everyone in both positive and negative ways; and

Whereas, school-based mental health services help address barriers to learning and provide appropriate student and family support; and

Whereas, National Mental Health Awareness Month provides an opportunity for communities to work together to bring awareness to and break through the stigma surrounding mental health illness;

Now, Therefore, Be It Resolved that the San Mateo County Board of Education and the San Mateo County Superintendent of Schools recognize May 2020 as Mental Health Awareness Month to expand awareness of youth mental health issues.
Passed and Adopted on this Fifteenth Day of April 2020