



**RESOLUTION NO. 2526-38  
RECOGNIZING MAY 2026, AS  
MENTAL HEALTH AWARENESS MONTH**

**WHEREAS**, mental health is part of overall health; and

**WHEREAS**, Mental Health Awareness Month is an opportunity to increase public understanding of the importance of mental health and to promote the identification and treatment of mental illness; and

**WHEREAS**, mental health helps to sustain an individual's relationships, productivity, and ability to adapt to change or face adversity, and everyone faces challenges in life that can impact their mental health; and

**WHEREAS**, approximately one-half of chronic mental illness begins by the age of fourteen; and

**WHEREAS**, roughly one in six youth aged six to seventeen experience a mental health disorder each year, one in five adults experience mental illness each year, and one in twenty adults experience serious mental illness each year; and

**WHEREAS**, suicide is the second leading cause of death among people aged ten to fourteen; and

**WHEREAS**, mental health treatment such as therapy, medication, and self-care have made recovery a reality for most people experiencing mental illness; and

**WHEREAS**, every business, school, government agency, healthcare provider, organization, and citizen share the burden of mental health problems and has a responsibility to help end the silence and stigma surrounding mental illness, promote mental wellness, and support prevention efforts.

**NOW, THEREFORE, BE IT RESOLVED** that the Governing Board of Monrovia Unified School District declares **May 2026 as "Mental Health Awareness Month"** and also calls upon the citizens, government agencies, public and private institutions, businesses, and schools in the City of Monrovia to recommit to increasing awareness and understanding of mental health, the steps our citizens can take to protect their mental health, and the need for appropriate and accessible services for all people with mental health conditions.

Adopted this 6<sup>th</sup> day of May 2026:

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Maritza Travanti, President

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Selene Lockerbie, Vice President

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Daniel Gomez Tagle, Board Clerk

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Michael Ocon, Board Member

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Rob Hammond, Board Member

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Dr. Paula Hart Rodas, Superintendent