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**Colusa County Board of Supervisors
Adopts Proclamation Declaring May 2023 as Mental Health Matters Month**

(COLUSA, CA) May 30, 2023 – At their May 9, 2023 meeting, the Colusa County Board of Supervisors adopted a Proclamation declaring May 2023 as Mental Health Matters Month. Through this Proclamation, the Board of Supervisors wishes to enhance public awareness of mental health, and dispel any stigma around it.

“Every day, millions of people face stigma related to mental health, and may feel isolated and alone,” said Supervisor Kent Boes, Chair of the Colusa County Board of Supervisors. *“Our goal is to let those impacted know that recovery is possible, and support is available regardless of situation.”*

Mental health challenges are one of the most common health conditions in California, affecting one out of six adults, and impacting both the person experiencing the mental health challenges and those who care and love them. Statistics show that half of the population will experience some type of mental health challenge over the course of a lifetime.

Colusa County residents experiencing mental health challenges are encouraged to seek help. Help can come from family members, friends, and/or professional treatment. Colusa County Behavioral Health is available Monday – Friday from 8:00am to 5:00pm, excluding major holidays, for those

who are interested in beginning speciality mental health services. Crisis services are available 24/7 by calling (530) 458-0520. The National Suidcide Prevention Lifeline is also available by calling or texting 988.

The Proclamation can be accessed [here](#).

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