

Mental Health Awareness Month – May 2026

- 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 essential to the well-being and vitality of individuals, families, communities, and workplaces; and
- WHEREAS, mental health conditions affect people across the lifespan, and nearly one in five Americans, including children, adolescents, and adults, experiences a diagnosable mental health condition in any given year; and
- WHEREAS, May 1 through May 31, 2026, is recognized as Mental Health Awareness Month, and the National Alliance on Mental Illness (NAMI)'s 2026 theme invites everyone to speak up against mental health stigma by sharing lived experiences, learning from one another, and building strong community connections to foster healing, understanding, and support; and
- WHEREAS, Oakland Community Health Network (OCHN) joins national partners in promoting this year's campaign to transform silence into connection by strengthening relationships and creating opportunities for empathy, understanding, and meaningful change; and
- WHEREAS, effective mental health management enables individuals to live, work, learn, and fully participate in society while promoting diversity, inclusion, and acceptance; and
- WHEREAS, improved systems of care for vulnerable populations, expanded access to non-emergent and crisis services, advancements in integrated physical and behavioral health care, and strong provider partnerships continue to strengthen the services coordinated by OCHN; and
- WHEREAS, OCHN and its service provider agencies remain committed to inspiring hope, empowering people, and strengthening communities.

NOW, THEREFORE, BE IT RESOLVED that, Oakland Community Health Network, hereby recognizes May 2026 as Mental Health Awareness Month. OCHN calls upon citizens, government agencies, public and private institutions, businesses, faith-based organizations, and schools to recommit increasing awareness and understanding of mental health conditions, and to support accessible, appropriate services that promote recovery, resilience, and a higher quality of life for all.