



RESOLUTION NO. 24B
BEFORE THE GOVERNING BOARD OF THE
CONTRA COSTA COMMUNITY COLLEGE DISTRICT
COUNTY OF CONTRA COSTA, STATE OF CALIFORNIA

MENTAL HEALTH AWARENESS MONTH, MAY 2025

WHEREAS, Mental Health Awareness Month, observed each May, is dedicated to raising awareness, reducing stigma, and promoting equitable access to mental health resources and services for all individuals; and

WHEREAS, the theme of Mental Health Awareness Month 2025, "Turn Awareness into Action," honors the growing recognition of mental health as a vital component of well-being and calls on individuals, institutions, and communities to transform understanding into meaningful steps that promote healing, equity, and systemic change; and

WHEREAS, all individuals face life challenges that can affect their mental health, and mental health conditions are real, common, and deserving of attention, care, and compassion; and

WHEREAS, unforeseen and lasting mental health challenges—exacerbated by the COVID-19 pandemic—continue to impact individuals, families, and communities across the United States; and

WHEREAS, promoting mental wellness requires not only awareness but also proactive efforts to dismantle stigma, expand access to services, and foster environments of belonging, equity, and holistic support; and

WHEREAS, mental health is essential to overall well-being and academic, professional, and personal success, yet many individuals—particularly those from marginalized communities—face systemic barriers to receiving timely, culturally responsive care; and

WHEREAS, there are practical, evidence-informed tools that individuals can use to support their mental health and build resilience - including physical activity, adequate sleep, nourishing food, mindfulness, social connection, and nurturing one's emotional and spiritual well-being; and

WHEREAS, with access to effective treatments, peer support, counseling, culturally responsive care, and affirming community and family networks, individuals living with mental health conditions can recover, thrive, and lead meaningful, fulfilling lives; and

WHEREAS, every college, school, business, government agency, healthcare provider, organization and individual shares the responsibility of addressing mental health challenges and promoting mental wellness, supporting prevention and early intervention efforts; and

WHEREAS, the Contra Costa Community College District (4CD), which serves over 42,000 students annually and employs over 3,700 full and part-time employees, continues to experience significant mental health challenges among students and employees - intensified by the lasting impacts of the COVID-19 pandemic, rising hate-based violence, and increasing incivility - which collectively affect the well-being of the campus community and hinder efforts to foster student success; and

WHEREAS, 4CD is committed to doing its part in promoting mental health wellness and supporting prevention efforts for its diverse student population, staff, and the communities it serves through equity, inclusion and a sense of belonging; and

WHEREAS, within the diverse communities that make up the Contra Costa Community College District (4CD), the lived experiences and personal stories of students, staff, and faculty reflect a wide range of mental health journeys—each offering insight, resilience, and strength that enrich our collective understanding and reinforce the importance of compassion, connection, and culturally responsive care – similar to National Alliance on Mental Illness' (NAMI) 2025 theme *"In Every Story, There's Strength,"* reminding us that each individual story contributes to a collective strength that can inspire hope, healing, and systemic change; and

NOW, THEREFORE, BE IT RESOLVED that 4CD does hereby proclaim May 2025 as Mental Health Awareness Month. 4CD calls upon the citizens, public and private institutions, government agencies, businesses, colleges and schools in Contra Costa County in particular, and throughout California, to recommit to increasing awareness and understanding of mental health, to take proactive steps in supporting individual and community wellbeing, and to ensure appropriate, accessible, and culturally responsive mental health services for all.

ADOPTED this 14th day of May 2025, by the 4CD Governing Board.

Approved:



Andy Li, President
4CD Governing Board

Attested to:



Fernando Sandoval, Secretary
4CD Governing Board

