Tillamook County, Oregon 05/17/2023 4:11:44 PM Commissioners' Journal C.12023-00136

BEFORE THE BOARD OF COUNTY COMMISSIONERS

FOR TILLAMOOK COUNTY, OREGON

In the Matter of Proclaiming May as)	RESOLUTION
"Mental Health Awareness Month" in)	#R-23- <u>Ø</u> [Ø
Tillamook County, Oregon)	

This matter came before the Tillamook County Board of Commissioners on May 10, 2023 at the request of Tillamook Family Counseling Center.

The Board, being fully apprised of the records and files herein, finds as follows:

- 1. Mental Health **is** health; and it affects everyone, regardless of race, gender, politics, or income.
- 2. All Tillamook County residents can experience life challenges that can negatively affect their mental health.
- 3. During the past year, public health concerns have had a remarkable impact on life in Tillamook County. Those health challenges have included loss, limited social interaction, and housing insecurity.
- 4. Throughout the pandemic, local mental health professionals have had the unique experience of assisting others, while also experiencing their own life challenges at the same time.
- 5. Mental Health Awareness Month highlights the importance of self-care—defined as the ability of individuals and families to promote positive ways to stay healthy, to maintain health, and to cope with illness with or without the support of a health care provider.
- 6. Tillamook County residents experience challenges to their mental health and can also share in promoting positive outcomes and support for themselves and their community.
- 7. We encourage you to talk with your health care provider about local options for mental health/behavioral health services and learn more about what services might address your needs. With some providers, these services are integrated into primary healthcare settings.

NOW THEREFORE, IT IS HEREBY RESOLVED that:

8. The Tillamook County Board of Commissioners hereby proclaims May as *"Mental Health Awareness Month"* in Tillamook County, Oregon.

Dated this 10^{M} day of May, 2023.

BOARD OF COUNTY COMMISSIONERS FOR TILLAMOOK COUNTY, OREGON

Skaar, Chair D.

Mary Faith Bell, Vice-Chair

David Yamamóto, Commissioner

ATTEST: Tassi O'Neil, County Clerk

By:

Special Deputy

Abstain/Absent Aye Nay

APPROVED AS TO FORM:

William K. Sargent, County Counsel

