



IMPERIAL COUNTY EXECUTIVE OFFICE PRESS RELEASE

FOR IMMEDIATE RELEASE
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Imperial County Board of Supervisors Proclaim May 2021 as Mental Health Awareness Month

May 5, 2021 – Yesterday, Tuesday, May 4, 2021, the Imperial County Board of Supervisors proclaimed May 2021 as Mental Health Awareness Month. The County of Imperial and the Imperial County Behavioral Health Services (ICBHS) celebrate this month in order to recognize that positive mental health is essential to the overall quality of life and well-being of people across Imperial County.

Nearly 44 million American adults, and millions of children, experience mental health conditions each year, including depression, anxiety, bipolar disorder, schizophrenia, and post-traumatic stress. Living through the COVID-19 pandemic, recent high-profile gun violence killings, and racially-motivated assaults, has heightened the stress and trauma faced by many, adding to the numbers of people struggling with mental health challenges.

Mental Health Awareness Month is a nationwide effort to address and overcome the stigma associated with mental health needs. The message of Mental Health Awareness Month is that mental health wellness is for everyone, and there are practical tools that everyone can use to improve mental health.

“As our community recovers from the COVID-19 pandemic, we need to take this opportunity to promote wellness and resiliency, and also address stigma that often surrounds mental health needs,” stated Chairman of the Board, Michael W. Kelley, “I am proud of the work that is being done by our Behavioral Health Services and the partnering agencies who provide vital support and services to our Imperial County residents.”

As part of the County’s efforts to promote May as Mental Health Awareness Month, the ICBHS invites everyone to celebrate by:

- Wearing green on Wednesdays and a green ribbon everyday throughout the month of May;
- Visiting the ICBHS informational booth at the Imperial Valley Mall; and/or
- Attending their Drive Thru event at 202 N. 8th Street in El Centro on May 26, 2021, from 9:00 to 11:00 am.

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