

**RESOLUTION
OF THE GOVERNING BOARD
OF THE SANTA BARBARA COMMUNITY COLLEGE DISTRICT**

**Resolution No. 9
RECOGNIZING MAY AS MENTAL HEALTH AWARENESS MONTH**

WHEREAS, mental health is essential to everyone’s overall health and well-being, and affects thoughts, emotions, relationships, and quality of life; and

WHEREAS, one in five Americans lives with a mental health condition, and many more are impacted when friends and family members face mental health challenges; and

WHEREAS, the COVID-19 pandemic and other recent societal stressors have exacerbated mental health concerns, particularly among young adults and college students, increasing the urgency of public awareness, understanding, and accessible support; and

WHEREAS, stigma surrounding mental illness often prevents individuals from seeking needed help, leading to unnecessary suffering and lost potential; and

WHEREAS, Mental Health Awareness Month, observed nationally in May, seeks to raise awareness, reduce stigma, and promote education and access to resources that support mental wellness; and

WHEREAS, Santa Barbara City College (SBCC) affirms its commitment to supporting the mental health and well-being of all students, faculty, staff, and administrators, and recognizes the importance of equitable, inclusive, and trauma-informed mental health services; and

WHEREAS, SBCC offers Student Health Services including The Clinic-Mental Health Counseling Services, The WELL, the Anchor Program, psycho-educational programming, campus and community partnerships, and other resources aimed at supporting mental wellness and helping individuals thrive personally and academically.

NOW, THEREFORE LET IT BE RESOLVED, that the Board of Trustees of the Santa Barbara Community College District, hereby recognizes May as Mental Health Awareness Month.

The foregoing RESOLUTION was adopted by the Board of Trustees of the Santa Barbara Community College District at a meeting of the Board duly called and held on the 17th day of April, 2025, by the following vote, to wit:

Aye: Trustees Abboud, Black-Maertz, Croninger, Gullap-Moore, Morris, Richards, and Stoddard

No:

Abstain:

Absent:

Advisory: Student Trustee Tan



Jonathan Abboud, President
Board of Trustees



Erika Endrijonas, Ph.D.
Superintendent/President and
Secretary to the Board of Trustees