

Proclamation

Mental Health Awareness Month May 2026

WHEREAS, mental health is essential to the overall well-being, resilience, and vitality of individuals, families, and the broader community; and

WHEREAS, millions of people across the nation experience mental health challenges each year, and too often face stigma, misunderstanding, and barriers to seeking care; and

WHEREAS, open dialogue, compassion, and meaningful human connection play a critical role in fostering healing, reducing isolation, and building a supportive and inclusive community; and

WHEREAS, National Alliance on Mental Illness (NAMI) has designated the theme for Mental Health Awareness Month 2026 as “Turning Silence Into Connection,” encouraging individuals and communities to replace stigma with understanding and to create spaces where people feel safe to share their experiences; and

WHEREAS, the City of Redwood City is committed to promoting mental wellness by supporting community-based programs, encouraging access to resources, and fostering environments where all residents feel seen, heard, and valued; and

WHEREAS, strengthening connections among neighbors, families, schools, workplaces, and local organizations helps break down stigma and ensures that no one faces mental health challenges alone; and

WHEREAS, Mental Health Awareness Month provides an opportunity to educate the public, honor lived experiences and inspire collective action toward a more compassionate and connected community.

NOW THEREFORE, BE IT RESOLVED THAT I, ELMER MARTÍNEZ SABALLOS, MAYOR OF REDWOOD CITY, on behalf of the City Council and the people of the City of Redwood City, do hereby recognize May 2026 as MENTAL HEALTH AWARENESS MONTH in Redwood and encourages all residents to engage in open and supportive conversations about mental health; Reach out to neighbors, friends, and loved ones to foster connection; Learn about available mental health resources and share them widely; Stand against stigma by promoting empathy, understanding, and inclusion; and Participate in local events and initiatives that embody the spirit of “Turning Silence Into Connection.”.

BE IT FURTHER RESOLVED that Redwood City reaffirms its commitment to building a community where connection replaces silence, and where every individual has the opportunity to thrive in mental wellness.

Date: May 2026



Elmer Martínez Saballos, Mayor

Kaia Eakin, Vice Mayor

Isabella Chu, Council Member

Jeff Gee, Council Member

Diane Howard, Council Member

Marcella Padilla, Council Member

Chris Shirkan, Council Member