



**Agenda Item B.1  
PRESENTATION  
Meeting Date: May 19, 2026**

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**A Proclamation of the City Council of the City of Goleta, California, Proclaiming  
May 2026 as Mental Health Awareness Month in the City of Goleta**



# PROCLAMATION

**A PROCLAMATION OF THE CITY COUNCIL OF THE CITY OF GOLETA, CALIFORNIA, PROCLAIMING MAY 2026 AS MENTAL HEALTH AWARENESS MONTH IN THE CITY OF GOLETA**

**WHEREAS**, May 2026 is recognized as Mental Health Awareness Month in the City of Goleta and across the nation, enhancing public awareness and working to dispel the stigma surrounding mental health; and

**WHEREAS**, the 2026 Mental Health Month theme, "More Good Days, Together," reflects the goal of supporting people in having more good days by meeting them where they are, honoring that "good" is defined by individual experiences and goals, and affirming that while paths differ, everyone deserves more good days, together; and

**WHEREAS**, having more good days isn't a solo mission. Checking in with others and offering support helps lighten the load-we're not meant to do this alone; and

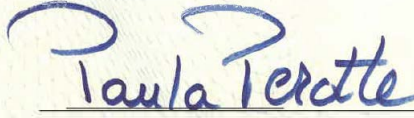
**WHEREAS**, when communities prioritize mental health, we expand access to care, strengthen connection, and make more good days possible for everyone; and

**WHEREAS**, mental health is personal. What works for one person may not work for another-but everyone deserves the support they need to have more good days; and

**NOW, THEREFORE BE IT RESOLVED THAT**, the City Council of the City of Goleta, California, does hereby proclaim May 2026 as "Mental Health Awareness Month" in the City of Goleta, and urges residents to share in the observance of this month by making a personal commitment to raise awareness, combat stigma, and create a community that prioritizes mental well-being and seeking help when needed.

**APPROVED** this 19<sup>th</sup> day of May 2026



  
**PAULA PEROTTE**  
**MAYOR**