Resolution 25-16
Affirmation of May 2025 as Mental Health Awareness Month

WHEREAS, mental health is essential to everyone's overall health and well-being; it affects many children and youth every year, indiscriminate of age, gender, race, ethnicity, religion or economic status;

WHEREAS, federal statistics show that one in ten children has a serious mental health condition, but only a third will receive any care at all — with even fewer receiving appropriate care;

WHEREAS, a focus on awareness and early intervention efforts help children, youth, and adults lead full, productive lives in the community;

WHEREAS, since 1949, May has officially been recognized as Mental Health Month;

WHEREAS, each county office of education, school district, school, elected official, business, government agency, health-care provider, organization and citizen shares the burden of mental health issues and has a responsibility to promote mental wellness and support prevention efforts.

NOW, THEREFORE, BE IT RESOLVED, that the San Leandro Unified School District Board of Education, hereby declares May 2025 as Mental Health Month

BE IT FURTHER RESOLVED, the San Leandro Unified School District Board of Education supports the following initiatives:

- We will recommit our community to increasing awareness and understanding of the steps our children, youth, and adults can take to protect their mental health
- We will provide an accessible and updated list of mental health resources for students and staff
- We will share at least two mental health awareness video announcements during the month of May
- We are committed to identifying opportunities within our curriculum, and providing additional learning and leadership opportunities where possible, that reflect our students' understanding of health and wellness as well as raising awareness about on campus staff trained for mental health
- We will connect with existing municipal, county, and state mental health awareness plans
- We will advocate for appropriate and accessible services for all people, especially children and youth with mental health conditions at the city, county, and state levels

Resolution 25-16 Passed and Adopted by the Governing Board of the San Leandro Unified School District on this 15th day of April, 2025

Leo Sheridan , Board President

Mike McLaughlin, Ed.D., Superintendent