



OFFICE OF THE GOVERNOR

May 2016

Mental Health Awareness

Mental illness is a leading cause of disability in the United States. Nearly one in six adults and one in thirteen children have a mental health need. Although accessing mental health treatment early can improve outcomes, it typically takes six to eight years from the onset of symptoms before young people seek help. We all have a responsibility to learn more about the realities of mental illness that many of us -- along with our neighbors, co-workers, family and friends -- face.

All Californians deserve high-quality, affordable mental health services. Assistance is evolving for people experiencing mental illness, with a greater focus on wellness and recovery and an understanding that people with mental illness can lead full and productive lives. I encourage everyone to educate themselves on the mental health needs and services in their communities.

In May, California joins the nation in raising awareness of mental health issues. Sharing personal knowledge and experience of what living with mental illness means can reduce the barriers and stigma associated with individuals seeking mental health treatment and recovery.

Sincerely,


EDMUND G. BROWN JR.