



## OFFICE OF THE GOVERNOR

May 2015

### *Mental Health Awareness*

Many Californians who are impacted by mental illness or are at risk of mental illness do not receive the treatment they need to live full, healthy and productive lives. Nearly 1 in 6 California adults have a mental health need, and 1 in 13 children have a mental illness that limits their participation in daily activities. Mental illness includes such conditions as schizophrenia, bipolar, depression and anxiety disorders. These afflictions are not bound by race, ethnicity or socio-economic circumstance and affect both young and old alike.

All Californians have the right to receive affordable and high-quality mental health services to improve and preserve their quality of life. A variety of treatment, preventative and early intervention services are available to embrace wellness and recovery.

During the month of May, Californians are encouraged to increase awareness of mental health issues and services to help reduce the risk of mental illness and the stigma associated with mental illness. All of us have a responsibility to improve the communities in which we live. I encourage the public and private sectors, non-profit groups and other mental health advocates to continue to focus on the importance of assisting and educating the public on mental health wellness and services.

Sincerely,

  
EDMUND G. BROWN JR.