



OFFICE OF THE GOVERNOR

May 2018

***Mental Health Awareness Month***

Mental health conditions are a leading cause of disability in the United States and affect millions of children, adolescents and adults in California. Mental illness includes such conditions as schizophrenia, depression, anxiety and post-traumatic stress disorders. Nearly 20 percent of the adults in California have experienced some degree of mental illness in the past year, and about 4 percent have experienced a serious mental illness.

During Mental Health Awareness Month, California joins the nation in raising awareness of mental health issues and services. 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 to live a longer, healthier life.

Sincerely,

  
EDMUND G. BROWN JR.