



**San Leandro Unified School District
Resolution 26-13
MAY 2026 IS 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, regardless 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 helps 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 2026 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 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 26-13 Passed and Adopted by the Governing Board of the San Leandro Unified School District on this 21st day of April, 2026.

A handwritten signature in black ink, appearing to read "Jackie C. Perl".

Jackie C. Perl, Board President

A handwritten signature in black ink, appearing to read "Mike McLaughlin".

Mike McLaughlin, Ed.D., Superintendent