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ACR-88 Men's Mental Health Month. (2025-2026)

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Assembly Concurrent Resolution No. 88

CHAPTER 109

Relative to Men's Mental Health Month.

[Filed with Secretary of State June 25, 2025.]

LEGISLATIVE COUNSEL'S DIGEST

ACR 88, Jeff Gonzalez. Men's Mental Health Month.

This measure would proclaim the month of June 2025 to be Men's Mental Health Month.

Fiscal Committee: no

WHEREAS, Mental health is a critical component of overall well-being, affecting emotional, psychological, and social health; and

WHEREAS, Men's mental health remains a significant public health concern, with men being less likely to seek mental health support due to stigma, societal expectations, and lack of awareness; and

WHEREAS, According to the National Institute of Mental Health, men are at a higher risk for mental health conditions including depression, anxiety, and substance use disorders, yet often men face barriers to seeking treatment; and

WHEREAS, Suicide rates among men remain disproportionately high, with data from the Centers for Disease Control and Prevention showing that men die by suicide at a rate nearly four times higher than those of the opposite gender; and

WHEREAS, Fostering open discussions about mental health, promoting access to mental health resources, and encouraging men to seek help when needed are essential steps toward improving well-being and preventing crises; and

WHEREAS, Recognizing June as Men's Mental Health Month in California will help raise awareness, reduce stigma, and encourage policy initiatives that prioritize mental health services for men; and

WHEREAS, Various organizations, including mental health advocates, health care providers, and community groups, are committed to supporting men's mental health through outreach, education, and services; now, therefore, be it

Resolved by the Assembly of the State of California, the Senate thereof concurring, That the Legislature of the State of California hereby declares the month of June 2025 to be Men's Mental Health Month to raise awareness, promote mental well-being, and encourage men to seek the support they need without stigma or barriers; and be it further

Resolved, That the State of California urges state agencies, community organizations, and health care providers to collaborate on initiatives, programs, and educational campaigns that support men's mental health; and be it further

Resolved, That the Chief Clerk of the Assembly transmit copies of this resolution to the Governor of California, and that copies be made available to the public to further the awareness and importance of men's mental health.