

BEFORE THE BOARD OF COUNTY COMMISSIONERS  
FOR TILLAMOOK COUNTY, OREGON

In the Matter of Proclaiming May 2021 ) RESOLUTION  
as "Mental Health Awareness" Month in ) #R-21- 010  
Tillamook County Oregon )

This matter came before the Tillamook County Board of Commissioners on May 5, 2021 at the request of the Tillamook Family Counseling Center. The Board being fully apprised, finds as follows:

1. Mental health is an essential part of one's overall health.
2. All Tillamook County residents can experience life challenges that can negatively affect their mental health. These challenges can happen to everyone regardless of age, social economic status, or profession.
3. The COVID-19 pandemic has increased the challenges that are experienced by Tillamook County residents. Challenges some community members have experienced due to the pandemic include job loss, illness, loss of loved ones, limited social interactions, food insecurity, loss of housing, and changes in the way one lives their life.
4. Throughout the pandemic, local mental health professionals have had the unique experience of assisting others, while also experiencing life challenges due to the pandemic.
5. Prevention can be an effective way to reduce mental health challenges.
6. With effective behavioral health treatment, community members who experience mental health challenges can recover and can lead a full life.

NOW, THEREFORE, LET IT BE RESOLVED, that:

7. Everyone in the community can feel the burden of mental health challenges and has a responsibility to promote good mental health, support prevention efforts, and support mental health treatment.
8. We encourage you to talk with your health care provider about local options for mental health services. To learn more about Tillamook Family Counseling Center, call (503) 842-8201, or visit us at [www.tfcc.org](http://www.tfcc.org).

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DATED this 5<sup>th</sup> day of May, 2021.

BOARD OF COMMISSIONERS FOR  
TILLAMOOK COUNTY, OREGON

MF Bell  
Mary Faith Bell, Chair

[Signature]  
David Yamamoto, Vice Chair

[Signature]  
Erin D. Skaar, Commissioner

Aye    Nay    Absent/Abstain

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ATTEST: Tassi O'Neil, County Clerk

BY: [Signature]  
Special Deputy

APPROVED AS TO FORM:

[Signature]  
Joel W. Stevens, County Counsel

