

Date of Hearing: May 4, 2026

ASSEMBLY COMMITTEE ON RULES  
Blanca Pacheco, Chair  
ACR 182 (Ransom) – As Amended April 27, 2026

**SUBJECT:** Youth Mental Health Awareness Week in California.

**SUMMARY:** Designates May 3, 2026, to May 9, 2026, inclusive, as Youth Mental Health Awareness Week in California. Specifically, **this resolution** makes the following legislative findings:

- 1) Mental health must be prioritized with the same urgency as physical health. It is important for our youth to thrive and have a positive quality of life, which cannot be achieved without taking care of their mental health.
- 2) Mental health plays a significant role in the overall well-being of youth, thus the importance to recognize and support mental health services for them.
- 3) It is important to foster inclusivity for our youth, who, with the rise of social media influence, have been subject to negative psychological effects. Mental health can significantly influence how children and youth behave in their daily lives.
- 4) Schools have the ability to foster inclusive, safe, supportive, respectful, and empowering environments for students who are suffering from mental illnesses.
- 5) Young people are rapidly learning social and emotional skills that shape their future ability to learn and adapt into different situations of life. Youth mental health programs should address trauma, while promoting resilience, healing, and the pursuit of academic success for all students.
- 6) Prioritizing mental health in our youth and providing them with resources can help reduce stigma and cultivate a culture of resilience, support, and compassion within schools and communities.
- 7) It is essential to designate a week dedicated to recognizing the mental health of our youth and supporting their well-being.

**FISCAL EFFECT:** This resolution is keyed non-fiscal by Legislative Counsel.

**REGISTERED SUPPORT / OPPOSITION:**

**Support**

None on file

**Opposition**

None on file

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