

Date of Hearing: June 4, 2026

ASSEMBLY COMMITTEE ON RULES
Blanca Pacheco, Chair
ACR 187 (Jeff Gonzalez) – As Introduced April 28, 2026

SUBJECT: Men’s Mental Health Month.

SUMMARY: Proclaims the month of June 2026 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. Specifically, **this resolution** makes the following legislative findings:

- 1) Mental health is a critical component of overall well-being, affecting emotional, psychological, and social health. 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.
- 2) 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.
- 3) 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.
- 4) 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.
- 5) 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.

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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