

ASSEMBLY THIRD READING

ACR 187 (Jeff Gonzalez)

As Introduced April 28, 2026

Majority vote

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.

Major Provisions

- 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.

COMMENTS**According to the Author**

As a 21-year Marine Corps combat veteran, I have seen firsthand the heartbreaking results of men's mental health struggles. I have lost many brothers in arms to suicide after their mental health struggles. Reducing the stigma around mental health is critical to ensuring the wellbeing of those who are struggling, and it will literally save lives. This resolution highlights the importance of this effort, and I am proud to stand up and fight for the fallen.

Arguments in Support

None on file

Arguments in Opposition

None on file

FISCAL COMMENTS

No fiscal impact. This resolution is keyed non-fiscal by Legislative Counsel.

VOTES

ASM RULES: 9-0-1

YES: Pacheco, Lackey, Ahrens, Dixon, Garcia, Mark González, Michelle Rodriguez, Sanchez, Zbur

ABS, ABST OR NV: Irwin

UPDATED

VERSION: April 28, 2026

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