

City of Albany

Proclamation



IN RECOGNITION OF MENTAL HEALTH AWARENESS MONTH May 2024

WHEREAS, during National Mental Health Awareness Month, we honor the courage of the tens of millions of Americans living with mental health conditions, and we celebrate the loved ones and mental health professionals who are there for them every day; and

WHEREAS, engaging in prevention, early identification, and early intervention are as effective ways to reduce the burden of mental illnesses as they are to reduce the burden of other chronic conditions; and

WHEREAS, mental health conditions are real and prevalent in our nation, 1 in 5 U.S adults and 1 in 6 U.S. youth experience a mental health condition each year, and only half of them receive treatment; and

WHEREAS, with effective treatment, those individuals with mental health and other chronic health conditions can recover and lead full, productive lives; and

WHEREAS, mental health helps to sustain an individual's relationships, productivity, and ability to adapt to change or face adversity; and

WHEREAS, Mental Health Awareness Month is an opportunity to increase public understanding of the importance of mental health and to promote the identification and treatment of mental illness; and

WHEREAS, we all have a role to play in ending the stigma around mental health issues and it starts by showing compassion, so everyone feels free to ask for help. If you are facing a crisis, dial 988 to reach the National Suicide and Crisis Lifeline; and

WHEREAS, each business, school, government agency, healthcare provider, organization and community member share the burden of mental health problems and has a responsibility to promote mental wellness and support prevention efforts; and

WHEREAS, the City of Albany would like to recognize and acknowledge the National Alliance on Mental Illness for their ongoing commitment and work to provide advocacy, education, support and awareness so that all individuals and families affected by mental illness can build better lives.

NOW, THEREFORE, BE IT PROCLAIMED, the Albany City Council does hereby recognize May 2024 as Mental Health Awareness Month in the City of Albany, and calls upon the community, businesses, non-profit organizations, schools, and other groups in Albany to join in activities and take action to strengthen the mental health of our community.

Date: May 6, 2024

JOHN MIKI, MAYOR

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