



OFFICE OF THE MAYOR

CITY OF ALABASTER

PROCLAMATION

WHEREAS, many men struggle with mental health issues but are hesitant to seek help due to societal expectations and stigmas around masculinity; and,

WHEREAS, Men's Mental Health Awareness Month aims to break down these barriers and encourage men to recognize and address their mental health needs; and,

WHEREAS, a simple conversation can spark transformation. Whether a father, brother, uncle, friend, or colleague, check in with the men in your life; and,

WHEREAS, the month encourages open conversations about men's mental health and well-being, fostering a more supportive environment for men to seek help. You can call [1-800-950-NAMI \(6264\)](tel:1-800-950-NAMI), text “HelpLine” to [62640](tel:62640) or email us at helpline@nami.org

NOW, THEREFORE, I, Scott Brakefield, Mayor of the City of Alabaster, Alabama, do hereby proclaim June as **Men’s Mental Health Month**, as a community, we can break the stigma, support one another, and ensure no one struggles in silence.

WITNESS WHEREOF, I have hereunto set my hand and caused the Seal of the City of Alabaster, Alabama to be affixed, this 5th day of June, 2025.

Mayor Scott Brakefield

ATTEST:

J. Mark Frey, City Clerk

