



City of Cleveland, Georgia

Proclamation

WHEREAS, the month of December is recognized as Seasonal Depression Awareness Month, dedicated to educating the public about Seasonal Affective Disorder-also known as SAD-and promoting ways to alleviate its symptoms; and

WHEREAS, Seasonal Affective Disorder is a form of depression triggered by changes in the seasons, causing fatigue, persistent sadness, and social withdrawal due to biochemical changes in the brain; and

WHEREAS, the symptoms usually occur during the fall and winter months when there is less sunlight, and is more prevalent in regions with longer winters; and

WHEREAS, Seasonal Affective Disorder typically comes in two forms: a mild version referred to as the ‘winter blues,’ and a more invasive variant that’s SAD – a classification of depression; and

WHEREAS, Seasonal Affective Disorder impacts approximately 5 percent of the population, and wellness practices-such as staying active, maintaining daily routines, spending time outdoors when possible, and using light therapy can help reduce its impact; and

WHEREAS, recognizing Seasonal Depression Awareness Month fosters open dialogue, reduces mental health stigma, and empowers individuals to seek the care and support they need, creating a more compassionate, informed, and supportive environment for all who are affected.

NOW, THEREFORE BE IT RESOLVED, that the Mayor and City Council of Cleveland, Georgia, do hereby proclaim the month of December as:

Seasonal Depression Awareness Month

in the city of Cleveland, Georgia, and encourages all citizens to help expand education, support those affected, and cultivate a community where mental wellness is openly valued and accessible to all.

SO RESOLVED this 1st day of December, 2025

Josh Turner Mayor

Jeremy McClure Council Member
District 3

Nan Bowen Council Member
District 1

C.J. McDonald Council Member
District 4

ATTEST:

Annie Sutton Council Member
District 2
Mayor Pro Tem

Lisa A. Ritchie City Clerk

