



## PROCLAMATION

**WHEREAS**, Mental Health Awareness Month has been observed since 1949 to raise awareness of mental health conditions and the importance of mental health; and

**WHEREAS**, nearly 58 million American adults, more than 1 in 5, live with a mental illness; and

**WHEREAS**, nearly 1 in 3 youth with major depression do not receive any mental health treatment, even in states with the greatest access; and

**WHEREAS**, Colorado ranks 37th out of 51 states with a higher prevalence of mental health issues and lower rates of access to care for adults and youth; and

**WHEREAS**, in 2021, 42% of high school students experienced persistent feelings of sadness or hopelessness with 18% of students making a suicide plan and 10% attempting suicide; and

**WHEREAS**, cost-effective and beneficial mental health systems of care must be expanded to meet the varying levels of care needed by the people being served; and

**WHEREAS**, reduction of stigma, broad outreach and effective prevention efforts of mental health conditions and substance use disorders help improve lives; and

**WHEREAS**, access to necessary medication, appropriate treatment, and responsive peer support helps prevent individuals from ending up in emergency rooms and jails; and

**WHEREAS**, people with lived experience of mental illness and/or substance use disorders get better, live in recovery, and provide invaluable knowledge of how to improve and transform systems of care and offer support to others struggling with mental illness and substance use.

**NOW, THEREFORE**, I, Jeni Arndt, Mayor of the City of Fort Collins, do hereby proclaim the month of May 2023 as

## MENTAL HEALTH AWARENESS MONTH

**IN WITNESS WHEREOF**, I have hereunto set my hand and the seal of the City of Fort Collins this 18th day of April, 2023.

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Mayor

ATTEST:

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City Clerk