

A PROCLAMATION OF THE MAYOR OF THE CITY OF NORMAN, OKLAHOMA, PROCLAIMING THE MONTH OF MAY 2026, AS MENTAL HEALTH AWARENESS MONTH IN THE CITY OF NORMAN.

- § 1. WHEREAS, since 1949 Mental Health America and its affiliates have led the observance of May as Mental Health Month to raise awareness, educate communities, eliminate stigma, and encourage treatment; and
- § 2. WHEREAS, mental illnesses affect millions of Americans and does not discriminate among genders, races, ethnicities, and socio-economic statuses; and
- § 3. WHEREAS, Mental Health America's 2026 theme, "More Good Days, Together" focuses on community support, meeting individuals where they are, and fostering connection to improve mental wellness; and
- § 4. WHEREAS, one in five U.S. adults experience mental illness each year, including 1 in 20 who experience serious mental illness, one in six U.S. youth aged 6-17 experience a mental health disorder each year, and 50% of all lifetime mental illness begins by age 14, and 75% by age 24; and
- § 5. WHEREAS, prioritizing mental health during stressful times is essential, and supporting one another as individuals and as a community helps us stay well and move forward together.

NOW, THEREFORE, I, MAYOR OF THE CITY OF NORMAN, OKLAHOMA:

- § 6. Do hereby proclaim the month of May 2026, as Mental Health Awareness Month in the City of Norman and encourage all citizens, government agencies, public and private institutions, businesses, and schools to recommit our community to increasing awareness and understanding of mental health and to work together to support one another so that we may continue to thrive individually and as a community.

PASSED AND APPROVED this 12th day of May 2026.

Mayor, Stephen T. Holman

ATTEST:

City Clerk

