

# *Proclamation*

## **DECLARING THE MONTH OF MAY MENTAL HEALTH AWARENESS MONTH**

**WHEREAS**, each year in May, Mental Health Awareness Month is recognized to support efforts at fighting the stigma associated with mental health, providing support, educating the public, and advocating for equal care; and

**WHEREAS**, according to the National Institute of Mental Health, studies show there are an estimated 52.9 million adults aged 18 or older in the United States suffering from mental illness, representing over 20 percent of all U.S. adults; and

**WHEREAS**, these studies also reveal that one-half of all chronic mental illness begins by the age of 14 and that young adults between the ages of 18-25 have the highest prevalence of mental illness; and

**WHEREAS**, Americans of all ages, genders, races, and socioeconomic status can experience times of difficulty and stress in their lives that contribute to their mental health; and

**WHEREAS**, the stigma surrounding mental illness can cause sufferers to postpone or neglect seeking treatment. With early and effective diagnoses and treatment, individuals with mental health conditions can manage their needs and lead full, productive lives; and

**WHEREAS**, every business, government agency, school, healthcare provider, organization, and individual citizen shares a responsibility in promoting and supporting mental health awareness.

**NOW, THEREFORE, ON BEHALF OF THE CITY COUNCIL AND THE PEOPLE OF THE CITY OF WESTLAKE, I, JOHNPAUL O’CONNOR, MAYOR OF THE CITY OF WESTLAKE, BY VIRTUE OF THE AUTHORITY VESTED IN ME, DO HEREBY OFFICIALLY PROCLAIM AND RECOGNIZE THE MONTH OF MAY AS:**

### ***MENTAL HEALTH AWARENESS MONTH***

in the City of Westlake and encourage all citizens to help to reduce the stigma, normalize mental health challenges, and encourage those who are experiencing mental health struggles to know that recovery is possible.

The foregoing proclamation was sponsored by Council Member Charlotte Leonard, and upon unanimous consent of the Council, the Mayor declared the proclamation duly enacted.

IN WITNESS WHEREOF, I have hereunto set my hand and caused the seal of the City of Westlake, Florida to be affixed this 7<sup>th</sup> day of May 2024.

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JohnPaul O’Connor, Mayor

ATTEST:

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Zoie P. Burgess, CMC  
City Clerk