



WHITE LAKE TOWNSHIP PROCLAMATION MENTAL HEALTH AWARENESS MONTH – MAY 2024

WHEREAS, mental health includes our emotional, psychological, and social well-being; it affects how we think, feel, and act; it also affects how we handle stress, relate to others, and make choices; and

WHEREAS, mental health is important for our individual well-being and vitality, as well as that of our families, communities, and businesses; and

WHEREAS, Mental Health America's (MHA) 2023 "State of Mental Health in America" survey ranks Michigan as 25th in the Nation for prevalence of mental illness, and 20th in the nation for access to care; and

WHEREAS, May 1 through May 31, is recognized as Mental Health Awareness month. MHA's 2024 theme is "Where to Start: Mental Health in a Changing World", which highlights getting back to the basics including self-care, coping skills, advocating for mental health, and knowing when to seek additional help; and

WHEREAS, Oakland Community Health Network joins our national partners in promoting this year's "Where to Start" campaign; and

WHEREAS, mental health management ensures that individuals can focus on their abilities to live, work, learn, and fully participate and contribute to our society, while promoting diversity, inclusion, and acceptance; and

WHEREAS, improved systems of care for vulnerable populations, access to non-emergent and crisis-services, advanced integrated physical and behavioral health care along with provider relations, help to fortify services coordinated by OCHN; and

WHEREAS, Oakland County Health Network (OCHN), and its service provider agencies, are committed to inspiring hope, empowering people, and strengthening communities.

NOW, THEREFORE, BE IT RESOLVED that, White Lake Township hereby recognizes May 2024, as Mental Health Awareness month. White Lake calls upon our citizens, government agencies, public and private institutions, businesses, and schools to recommit our state to increasing awareness and understanding of mental illness, and the need for appropriate and accessible services for all people with mental illness to promote recovery and a higher quality of life.

Rik Kowall, Township Supervisor 5-10-24