

**PROCLAMATION FOR
MENTAL HEALTH AWARENESS MONTH – MAY 2021**

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

WHEREAS, The COVID-19 pandemic has been a reminder of the importance of integrating mental health into preparedness and response plans for public emergencies; and

WHEREAS, Younger adults, racial/ethnic minorities, essential workers, and adult caregivers reported having disproportionately worse mental health outcomes, increased substance abuse, and elevated suicidal ideation associated with COVID-19; and

WHEREAS, One in six U.S. children aged 2-8 years old has a diagnosed mental, behavioral, or developmental disorder that, if untreated, can lead to school failure, physical illness, substance use, jail and even suicide; and

WHEREAS, May 6, 2021 is designated the National Children's Mental Health Awareness Day and May 2 through May 8, 2021 is designated as Children's Mental Health Awareness Week; and

WHEREAS, Oakland Community Health Network is committed to being a Zero Suicide organization and to cultivate a network of providers who are engaged in the Zero Suicide philosophy; and

WHEREAS, Mental illness is a biologically based brain disorder that cannot be overcome through "will power" and is not related to a defect in a person's "character" or intelligence; and

WHEREAS, Stigma and stereotypes associated with mental illnesses often keep people from seeking treatment that could improve their quality of life; and

WHEREAS, Mental health recovery not only benefits individuals with mental health disorders by focusing on their abilities to live, work, learn, and fully participate and contribute to our society, but also enriches the culture of our community life; and

WHEREAS, The **Oakland Community Health Network**, and its service provider agencies, are committed to inspiring hope, empowering people, and strengthening communities;

NOW, THEREFORE, BE IT RESOLVED, that the City Council of the City of Troy and the Oakland Community Health Network recognizes **May 2021 as Mental Health Month**; and

BE IT FURTHER RESOLVED, That we call upon our citizens, 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 illnesses to promote recovery.

Presented this 24th day of May 2021.