

**City of San Rafael
PROCLAMATION**

MENTAL HEALTH AWARENESS MONTH, MAY 2023

- WHEREAS,** mental health is essential to everyone’s overall health and well-being; and
- WHEREAS,** mental illnesses are real and prevalent in our nation, and many of us will have, or know someone that has a mental health diagnosis at some point in our lives; and
- WHEREAS,** all Americans experience times of difficulty and stress in their lives, and should feel comfortable in seeking help and support to manage these times; and
- WHEREAS,** engaging in prevention, early identification, and early intervention are as effective ways to reduce the burden of mental illnesses as they are to reduce the burden of other chronic conditions; and
- WHEREAS,** there is a strong body of research that identifies behavioral health risks and supports specific tools that all Americans can use to protect their health and well-being; and
- WHEREAS,** with effective treatment before Stage 4, all individuals with mental illnesses even serious mental illnesses - can make progress toward recovery and lead full, productive lives; and
- WHEREAS,** jails and prisons have often become the default places of custodial care for even nonviolent people with serious mental illnesses; and
- WHEREAS,** each business, school, government agency, healthcare provider, organization and citizen have a responsibility to promote mental health and well-being for all.

NOW THEREFORE, BE IT RESOLVED, that the Mayor and City Council of the City of San Rafael, do hereby proclaim May 2023 as Mental Health Month. As the formal leaders within the City, I also call upon our residents, government agencies, public and private institutions, businesses, and schools in San Rafael to commit our community to increasing awareness and understanding of mental health, the steps our citizens can take to protect their mental health, and the need for appropriate and accessible services for all people with mental illnesses.



A handwritten signature in blue ink, appearing to read "Kate", is written over a horizontal line.

**Kate Colin
Mayor**