



# *Proclamation*

## **MENTAL HEALTH AWARENESS MONTH**

**MAY 2022**

**WHEREAS**, the mental health and well-being of children and families is of great significance, especially during the challenges of dealing with a pandemic and mental health crisis; and

**WHEREAS**, during this challenging time, it is important to be aware, support those in need; and access resources to assist families, friends, and community members in need; and

**WHEREAS**, according to the U.S. Surgeon General, mental health is fundamental to health and indispensable to personal well-being, family, and interpersonal relationships; and

**WHEREAS**, one in five Americans will face mental health challenges in a given year regardless of age, gender, race, ethnicity, race, religion, or economic status; and

**WHEREAS**, there are widespread misunderstandings and discrimination concerning mental health that can be eliminated by recognizing that mental health challenges are real, common, and treatable; and

**WHEREAS**, with early and effective treatment, individuals with mental illnesses can recover and lead full, productive lives; and

**WHEREAS**, May is Mental Health Awareness Month and is a time for communities to acknowledge the importance of mental health, take action to ensure that individuals facing mental health challenges have access to the care, treatment, and prevention services they need and deserve.

**NOW, THEREFORE, I**, Tri Ta, Mayor of the City of Westminster, on behalf of Vice Mayor Carlos Manzo, and Council Members Tai Do, Kimberly Ho and Chi Charlie Nguyen, do hereby proclaim May 2022 as **MENTAL HEALTH AWARENESS MONTH** in the City of Westminster and encourage all members of the community to support each other and raise awareness in mental health advocacy.

DATE: May 11, 2022

  
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Tri Ta, Mayor