



Proclamation

MENTAL HEALTH AWARENESS MONTH

MAY 2023

WHEREAS, the City of Westminster is concerned with 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, Chi Charlie Nguyen, Mayor of the City of Westminster, on behalf of Vice Mayor NamQuan Nguyen, and Council Members Amy Phan West, Carlos Manzo, and Kimberly Ho do hereby proclaim May 2023 as **MENTAL HEALTH AWARENESS MONTH** in the City of Westminster and encourage all members of the community to support each other, seek and utilize resources, and raise awareness in mental health advocacy.

Signed and Dated this 26th day of April 2023 by the City Council.

Chi Charlie Nguyen, Mayor

NamQuan Nguyen, Vice Mayor, District 4

Amy Phan West, Council Member, District 1

Carlos Manzo, Council Member, District 2

Kimberly Ho, Council Member, District 3