



# Proclamation

## MENTAL HEALTH AWARENESS MONTH

MAY 2024

**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 Kimberly Ho, and Council Members Amy Phan West, Carlos Manzo, and NamQuan Nguyen do hereby proclaim May 2024 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 8<sup>th</sup> day of May 2024 by the City Council.

Chi Charlie Nguyen, Mayor

Kimberly Ho, Vice Mayor, District 3

Amy Phan West, Council Member, District 1

Carlos Manzo, Council Member, District 2

NamQuan Nguyen, Council Member, District 4