

# 2022



# Mental Health Awareness Week

**WHEREAS**, May is Mental Health Month, and this is Mental Health Awareness Week; and

**WHEREAS**, all people face challenges in life that can impact their mental health; and

**WHEREAS**, there is a proven connection between good mental health and overall well-being; and

**WHEREAS**, good mental health is critical to the well-being of our children, families, community, schools and businesses; and

**WHEREAS**, the more we understand about how to be healthy mentally, the more easily we can recognize the common pitfalls of mental health; and

**WHEREAS**, greater public awareness of mental health can change attitudes and behaviors toward mental wellness and getting help; and

**WHEREAS**, there are practical tools that all people can use to improve their mental health and increase resiliency, and

**WHEREAS**, mental health conditions are treatable, leading to full and productive lives;

**THEREFORE**, I \_\_\_\_\_, on behalf of \_\_\_\_\_, do hereby proclaim the first week in May of 2022, as Mental Health Awareness Week.

I also call upon all citizens, government agencies, public and private institutions, businesses, and schools in our community to commit to increasing awareness and understanding of the importance of mental health, reducing stigma and discrimination, and promoting wellness of body and mind in our community.

\_\_\_\_\_  
**SIGNATURE**

\_\_\_\_\_  
**DATE**