

# CITY OF CHARLOTTESVILLE



## PROCLAMATION

### MENTAL HEALTH AWARENESS MONTH MAY 2022

**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 approximately 9.5% of American adults ages 18 and over will suffer from a depressive illness (major depression, bipolar disorder, or dysthymia) each year; and

**WHEREAS**, 1 in 5 individuals in our community are currently living with a mental health challenge; and

**WHEREAS**, everyone experiences times of difficulty and stress in their lives, and should feel comfortable in seeking help and support to manage these times; and

**WHEREAS**, we seek to address the disproportionate unmet mental health needs of Black and Brown community members; and

**WHEREAS**, engaging in prevention, early identification, and early intervention are as effective at reducing the burden of mental illnesses as they are at reducing the burden of other chronic health conditions; and

**WHEREAS**, with effective treatment, all individuals with mental illnesses – even serious mental illnesses - can make progress toward recovery and lead full, productive lives; and

**WHEREAS**, in Charlottesville we are actively working to create a community best able to meet the needs of its members living with mental health challenges by centering the voices of residents with lived experience; embracing trauma-informed and person-centered practices; and dismantling discriminatory policies; and

**WHEREAS**, by setting aside a month to acknowledge the impact of mental health on community wellbeing, thus increasing awareness and understanding of available behavioral health resources in our community and achieving positive outcomes for individuals experiencing a behavioral health crisis;

**NOW, THEREFORE**, the City Council of the City of Charlottesville does hereby proclaim the month of May 2022 as Mental Health Awareness Month, calling upon residents, government agencies, healthcare providers, public and private institutions including businesses and schools in Charlottesville to recommit to increasing awareness and understanding of mental health, the steps our citizens can take to protect their mental health, and appropriate response to mental health crises.

Signed and sealed this 16<sup>th</sup> day of May 2022.

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J. Lloyd Snook, III, Mayor