



Proclamation

Mental Health Awareness Month

Whereas, there is a proven connection between good mental health and overall personal health; and

Whereas, mental illnesses affect almost every family in America; and

Whereas, people with mental illnesses recover if given the necessary services and supports in their communities; and

Whereas, millions of adults and children are disabled by mental illnesses every year; and

Whereas, only one out of two people with a serious form of mental illness seeks treatment for his or her mental illness; and

Whereas, stigma and fear of discrimination keep many who would benefit from mental health services from seeking help; and

Whereas, research shows that the most effective way to reduce stigma is through personal contact with someone with a mental illness; and

Whereas, good mental health is critical to the well-being of our families, communities, schools, and businesses; and

Whereas, greater public awareness about mental illnesses can change negative attitudes and behaviors toward people with mental illnesses.

Now, therefore, be it resolved, that the City Council of the City of Tulare, does hereby proclaim that the month of **May 2022** will be **Mental Health Awareness Month** in the City of Tulare, and urge all citizens, government agencies, public and private institutions, businesses and schools to recommit our community to increasing awareness and understanding of mental illnesses, reducing stigma and discrimination, and promoting appropriate and accessible services for all people with mental illnesses.

Presented this 17th day of May, 2022

Dennis A. Mederos

Dennis A. Mederos, Mayor

Terry A. Sayre

Terry A. Sayre, Vice Mayor

Jose Sigala

Jose Sigala, Councilmember

Stephen C. Harrell

Stephen C. Harrell, Councilmember

Patrick Isherwood

Patrick Isherwood, Councilmember