



# Proclamation

**WHEREAS** mental health is essential to everyone's overall health and wellbeing; and

**WHEREAS** mental illness can affect anyone and can develop at any time. Debilitating illnesses such as depression, anxiety, post-traumatic stress disorder, and bi-polar disorder can strain every part of a person's life; and

**WHEREAS** mental health challenges are one of the most common health conditions in California, affecting one out of six adults and impacting both the person experiencing mental health challenges and those persons who care and love the person facing the challenge; and

**WHEREAS** one out of every twenty-four Californians with a serious mental illness have difficulty functioning in everyday life and if left untreated, have life expectancies 25 years shorter than the general population; and

**WHEREAS** recovery can and does happen, and all Californians should know that support and help is available regardless of any individual's situation; and

**WHEREAS** creating a community where everyone feels comfortable reaching out for the support they deserve is crucial to ending the stigma around mental health; and

**WHEREAS** the City of Tulare wishes to enhance public awareness of mental health.

**NOW, THEREFORE** we, the City Council of the City of Tulare, do hereby proclaim the month of May 2023 as

## Mental Health Awareness Month

in the City of Tulare and encourage 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.

Dated this 2<sup>nd</sup> day of May 2023.



*Terry A. Sayre*  
Terry A. Sayre, Mayor

*Patrick Isherwood*  
Patrick Isherwood, Vice Mayor

*Jose Sigala*  
Jose Sigala, Councilmember

*Stephen C. Harrell*  
Stephen C. Harrell, Councilmember

*Dennis A. Mederos*  
Dennis A. Mederos, Councilmember