

# Proclamation

## Mental Health Awareness Month

WHEREAS, Mental health is essential to everyone's overall health and well-being;

WHEREAS, All Americans experience times of difficulty and stress in their lives;

WHEREAS, Prevention is an effective way to reduce the burden of mental health conditions;

WHEREAS, There is strong research that diet, exercise, sleep and stress management can help all Americans protect their health and well-being;

WHEREAS, Mental health conditions are real and prevalent in our nation and with effective treatment, those individuals with mental health conditions can recover and lead full, productive lives;

WHEREAS, Each business, school, government agency, healthcare provider, organization and citizen shares the burden of mental health problems and has a responsibility to promote mental wellness and support prevention efforts.

NOW, THEREFORE, BE IT PROCLAIMED that the month of May 2023 is "Mental Health Awareness Month" in Garden Grove, and in doing so we recognize the need to raise awareness and to promote services for integrated mental health and wellness solutions for children, youth and families.

April 25, 2023