

**PROCLAMATION FOR
MENTAL HEALTH AWARENESS MONTH – MAY 2019**

WHEREAS, Mental health is important for our individual well-being and vitality, as well as that of our families, communities and businesses; and

WHEREAS, One in five Americans experience a mental health illness that requires treatment at some point in their lives; and

WHEREAS, One in 10 children has a serious emotional disturbance that, if untreated, can lead to school failure, physical illness, substance use, jail and even suicide; and

WHEREAS, May 4 has been designated the National Children’s Mental Health Awareness Day; and

WHEREAS, Stigma and stereotypes associated with mental illnesses often keep people from seeking treatment that could improve their quality of life; and

WHEREAS, Mental illness is a biologically based brain disorder that cannot be overcome through “will power” and is not related to a defect in a person’s “character” or intelligence; and

WHEREAS, Mental health recovery is a journey of healing and transformation, enabling people with a mental illness to live in a community of his or her choice while striving to achieve his or her full potential; and

WHEREAS, Mental health recovery not only benefits individuals with mental health disorders by focusing on their abilities to live, work, learn and fully participate and contribute to our society, but also enriches the culture of our community life; and

WHEREAS, The **Oakland Community Health Network**, and its service provider agencies, are committed to inspiring hope, empowering people, and strengthening communities;

NOW, THEREFORE, BE IT RESOLVED, that the **Oakland Community Health Network and the City Council of the City of Troy, hereby recognizes May 2019 as Mental Health Month.**

BE IT FURTHER RESOLVED, That we call upon our citizens, public and private institutions, businesses and schools to recommit our state to increasing awareness and understanding of mental illness, and the need for appropriate and accessible services for all people with mental illnesses to promote recovery.

Presented this 20th day of May 2019.