

# *City of Albany*

## *Proclamation*

### IN RECOGNITION OF MAY 2021 AS MENTAL HEALTH MONTH

**WHEREAS**, mental health is essential to everyone's overall health and well-being, and

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

**WHEREAS**, the COVID-19 pandemic has impacted those suffering with mental illness disproportionately; and

**WHEREAS**, Mental Health Awareness Month is an opportunity to increase public understanding of the importance of mental health and to promote the identification and treatment of mental illness; and

**WHEREAS**, mental health helps to sustain an individual's relationships, productivity, and ability to adapt to change or face adversity, and

**WHEREAS**, engaging in prevention, early identification, and early intervention are as effective ways to reduce the burden of mental illnesses as they are to reduce the burden of other chronic conditions; and

**WHEREAS**, there is strong research that animal companionship, humor, spirituality, religion, recreation, social connections, and work-life balance can help all Americans protect their health and well-being; and

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

**WHEREAS**, each business, school, government agency, healthcare provider, organization and community member shares the burden of mental health problems and has a responsibility to promote mental wellness and support prevent efforts.

**NOW, THEREFORE, BE IT PROCLAIMED**, the Albany City Council proclaims May 2021 as Mental Health Month in the City of Albany, and calls upon the community, public and private institutions, businesses and schools in Albany to recommit to increasing awareness and understanding mental health, the steps our citizens can take to protect their mental health, and the need for appropriate and accessible services for all people with mental health conditions.

Date: May 17, 2021

  
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GE'NELL GARY, MAYOR