



PROCLAMATION

- WHEREAS,** Mental Health Awareness Month provides an opportunity to lift up a shared vision of a city where anyone affected by mental health challenges can get the appropriate support and equitable care to live healthy, fulfilling lives; and
- WHEREAS,** mental health conditions are common and affect individuals regardless of age, gender, ethnicity, or socioeconomic status, impacting the lives of millions of Americans each year; and
- WHEREAS,** more than 1 in 5 adults experience mental health conditions; suicide is the 10th leading cause of death in the United States; and suicide rates among youth aged 10-24 have increased by 57% in the past decade, making it the second leading cause of death in this age group; and
- WHEREAS,** young people face real dilemmas as they navigate their way through childhood, school life, parental expectations, and relationships. Such issues can be extremely stressful, giving rise to the development of increasing mental health concerns, which are showing at a very early age; and
- WHEREAS,** we must recognize the importance of education, treatment, and support for those experiencing an emotional crisis or mental health conditions to avoid devastating outcomes such as suicide, substance misuse, disability, unemployment, and homelessness; and
- WHEREAS,** taking small steps to improve one's mental health, such as therapy, medication, and self-care, can have a huge impact on an individual's well-being and recovery, and this month provides an opportunity to celebrate the resilience and strength of those who live with mental health conditions.

NOW, THEREFORE, I, Meredith Leighty, Mayor of the City of Northglenn, Colorado, do hereby proclaim May 2024 as:

MENTAL HEALTH AWARENESS MONTH

in the City of Northglenn. I call upon all residents, businesses, schools, and community organizations to join me in raising awareness about mental health, promoting acceptance and understanding, and supporting efforts to improve mental health services and resources in our community.

DATED, at Northglenn, Colorado, this 6th day of May 2024.

MEREDITH LEIGHTY
Mayor

