

PROCLAMATION

Mental Health Month May 2021

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, promotion and prevention are effective ways to reduce the burden of mental health conditions; and

WHEREAS, there is a strong body of research that supports user-friendly tools that all Americans can access to better handle challenges and 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 conditions can recover and lead full, productive lives; and

WHEREAS, each business, school, government agency, faith-based organization, health care provider, veteran's group, and community member has a responsibility to promote mental wellness and support prevention efforts; and

WHEREAS, the COVID-19 pandemic has had profound impacts on the mental health of people of all ages and now more than ever, it is critical to reduce the stigma around mental health struggles that commonly prevent individuals from seeking help.

WHEREAS, the Linn County Mental Health Advisory Board is emphasizing that there is no health without mental health by being involved with public service announcements, health fairs, public speakers, and various trainings regarding mental health issues.

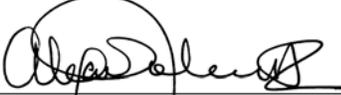
NOW, THEREFORE, I, Alexander D. Johnson II, Mayor of the City of Albany, do hereby proclaim May 2021, as

Mental Health Month

in Albany, Oregon, and I also call upon residents, government agencies, public and private institutions, businesses, and schools in Albany to recommit our community to increasing awareness and understanding of mental health, the steps our residents can take to protect their mental health, and the need for appropriate and accessible services for all people with mental health conditions.



IN WITNESS WHEREOF, I have hereunto set my hand and caused the seal of the City of Albany to be affixed this 28th day of April 2021.



Alexander D. Johnson II, Mayor