

A PROCLAMATION OF THE MAYOR OF THE CITY OF NORMAN, OKLAHOMA, PROCLAIMING THE MONTH OF MAY, 2021, AS MENTAL HEALTH AWARENESS MONTH IN THE CITY OF NORMAN.

- § 1. WHEREAS, since 1949 Mental Health America and its affiliates have led the observance of May as Mental Health Month to raise awareness, educate communities, eliminate stigma, and encourage treatment; and
- § 2. WHEREAS, mental illnesses affect millions of Americans and does not discriminate among genders, races, ethnicities, and socio-economic statuses; and
- § 3. WHEREAS, Mental Health America's 2021 theme, "Tools 2 Thrive," focuses on providing practical tools that everyone can use to improve their mental health and increase resiliency regardless of the situations or challenges they are dealing with; and
- § 4. WHEREAS, while 1 in 5 people will experience a mental illness during their lifetime, the unique and unprecedented challenges resulting from the COVID-19 pandemic, such as increased isolation, loneliness, worry, and anxiety, have highlighted the fact that mental health affects all people and that it is even more important now than ever to raise awareness; and
- § 5. WHEREAS, mental health screening is essential during times of stress, and it is imperative we continue to work together to take care of our mental health and to look forward and focus on what we need to do individually and as a community to thrive in these uncertain times.

NOW, THEREFORE, I, MAYOR OF THE CITY OF NORMAN, OKLAHOMA:

- § 6. Do hereby proclaim the month of May, 2021, as Mental Health Awareness Month in the City of Norman and encourage all citizens, government agencies, public and private institutions, businesses, and schools to recommit our community to increasing awareness and understanding of mental health and to work together to support one another so that we may continue to thrive individually and as a community.

PASSED AND APPROVED this 27<sup>th</sup> day of April, 2021.

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Mayor

ATTEST:

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City Clerk

