

A PROCLAMATION OF THE MAYOR OF THE CITY OF NORMAN, OKLAHOMA,  
PROCLAIMING THE MONTH OF MAY, 2017, AS MENTAL HEALTH  
AWARENESS MONTH IN THE CITY OF NORMAN.

- § 1. WHEREAS, since 1949 the advocacy organization Mental Health America and its affiliates across the country have led the observance of May as Mental Health Month to raise awareness about mental illnesses, to educate communities about psychological disorders, to encourage those living with mental health conditions to get the help they need, and to rid society of the stigma associated with mental illness; and
- § 2. WHEREAS, mental illnesses, including, but not limited to, anxiety, depression, schizophrenia, bipolar disorder, and post-traumatic stress, affect nearly 44 million American adults and millions of children and do not discriminate but rather affect individuals of all genders, races, ethnicities, and socio-economic statuses; and
- § 3. WHEREAS, Mental Health America’s theme for this year is “Risky Business” and focuses on making the choices needed to recognize and understand signs and symptoms of mental health concerns and seeking help when needed so that by acting early and effectively (before Stage 4), many of these illnesses can be prevented from progressing or even occurring in the first place; and
- § 4. WHEREAS, the Cleveland County Health Department has aligned with several local agencies to form a Cleveland County Health Improvement Plan Mental Health Work Group as a collective effort to promote affordable and equitable access to mental health care and healthy lifestyles with maximized potential for mental wellness and safety; and
- § 5. WHEREAS, Norman is home to several mental health wellness and treatment resources, including Central Oklahoma Community Mental Health Center; Crossroads Youth and Family Services; Children’s Recovery Center of Oklahoma; Red Rock Behavioral Health Services; Griffin Memorial Hospital; Thunderbird Clubhouse; and Transition House, Inc., who are committed to providing treatment and resources and encouraging hope, recovery, and wellness; and
- § 6. WHEREAS, mental health is part of overall health and wellness, and every citizen and community can make a difference in helping end the silence and stigma that for too long has surrounded mental illness and discouraged people from getting help; and
- § 7. WHEREAS, public education and civic activities can encourage mental health and help improve the lives of individuals and families affected by mental illness.

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

- § 8. Do hereby proclaim the month of May, 2017, as Mental Health Awareness Month in the City of Norman.

PASSED AND APPROVED this 25<sup>th</sup> day of April, 2017.

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Mayor

ATTEST:

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City Clerk

