

A PROCLAMATION OF THE MAYOR OF THE CITY OF NORMAN, OKLAHOMA, PROCLAIMING THE MONTH OF MAY, 2018, 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 do not discriminate among genders, races, ethnicities, and socio-economic statuses; and
- § 3. WHEREAS, Mental Health America’s theme for this year is “Fitness #4Mind4Body” and focuses on mental health as an essential part of everyone’s overall health and wellness and emphasizes the importance of whole health including minds and bodies together; and
- § 4. WHEREAS, prevention, including proper diet, exercise, sleep, and stress management, can be an effective way to help reduce the burden of mental health conditions; 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.

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

- § 6. Do hereby proclaim the month of May, 2018, 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, 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.

PASSED AND APPROVED this 8th day of May, 2018.

Mayor

ATTEST:

City Clerk

