

**A PROCLAMATION OF THE COMMERCE CITY COUNCIL
DESIGNATING MAY 2017 AS MENTAL HEALTH AWARENESS MONTH
IN THE CITY OF COMMERCE**

WHEREAS, Mental Health Awareness Month is part of a nationwide effort to inspire discussion surrounding mental health challenges and encourage individuals to talk about their experiences with mental illnesses; and

WHEREAS, mental health is essential to everyone's overall health, productivity and well-being; and

WHEREAS, nearly 44 million American adults, and millions of children, experience mental health conditions each year, which include depression, anxiety, bipolar, schizophrenia, and post-traumatic stress; and

WHEREAS, as many as eight million Americans who have serious mental illnesses do not receive adequate treatment each year; and

WHEREAS, mental health problems do not discriminate, affecting people regardless of race, creed, age, life style, or economic status; and

WHEREAS, mental health recovery is possible with proper treatment and support that empowers individuals to lead full and productive lives; and

WHEREAS, by removing stigma and discrimination, individuals can be comfortable seeking the help they need to change their lives for the better; and

WHEREAS, good mental health enables people to realize their potential, cope with the normal stresses of life, work productively, and contribute to the community; and

WHEREAS, supporting mental health means urging individuals, communities, and organizations to take action before challenges appear; and

WHEREAS, California's mental health system empowers people living with mental illness to effectively lead full and productive lives; and

WHEREAS, the City of Commerce encourages the community to observe this month by re-educating themselves about risk factors and resources, speaking up when someone they know is struggling, offering support and caring words to those around them, and reaffirming the importance of working together to make the community healthy.

NOW, THEREFORE, THE COMMERCE CITY COUNCIL HEREBY PROCLAIMS THE MONTH OF MAY AS MENTAL HEALTH AWARENESS MONTH IN THE CITY OF COMMERCE.

PASSED AND ADOPTED this 16th day of May 2017.

Ivan Altamirano

Mayor

ATTEST:

Lena Shumway

City Clerk