



CITY OF COSTA MESA, CALIFORNIA

Proclamation

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

Whereas, mental health refers to our emotional and social well-being and affects how we think, feel, and behave. It plays a role in connecting with others, making decisions, handling stress, and many other aspects of daily life; and

Whereas, mental health conditions are very common and affect 21% of people living in the U.S.; and

Whereas, stigma and fear of discrimination keep many who would benefit from mental health services from seeking help; and

Whereas, Mental Health Awareness Month is observed the month of May, was first celebrated in 1949, commemorated by the Mental Health America organization, and represented by a green ribbon; and

Whereas, this year's 2022 Mental Health Awareness Month theme is: *Back to Basics*, to provide foundational knowledge about mental health & mental health conditions and information about what people can do if their mental health is a cause for concern; and

Whereas, the City of Costa Mesa joins the national movement to raise awareness about mental health through public education and working together to improve the lives of individuals and families affected by mental illness; and

Whereas, Project Hope Alliance, a community organization, is committed to providing a holistic approach to solving challenges and address all aspects of life; and

Whereas, creating positive habits is a great way to support your mental health and helps you build skills to use if you face symptoms of a mental health condition; and

Whereas, good mental health is critical to the well-being of our families, communities, schools, and businesses; and

Whereas, greater public awareness about mental health and mental health conditions can change negative attitudes and behaviors towards people with mental illnesses.



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NOW, THEREFORE, I, John B. Stephens, Mayor of the City of Costa Mesa, do hereby proclaim the month of May 2022 as **Mental Health Awareness Month** in the City of Costa Mesa, and I urge our community to increase awareness and understanding of mental illnesses, reduce stigma and discrimination, and promote appropriate and accessible services for all people with mental illnesses.

DATED this 17th day of May, 2022.



John B. Stephens, Mayor of the City of Costa Mesa