

# Proclamation

*WHEREAS, May is Mental Health Month; and*

*WHEREAS, mental wellbeing is important for people of all ages, races, social classes and walks of life; and*

*WHEREAS, mental health concerns disproportionately impact marginalized communities due to compounding stress and trauma from systemic oppression; and*

*WHEREAS, maintaining mental wellbeing is especially challenging during the COVID-19 pandemic; and*

*WHEREAS, mental health routinely emerges as a community health priority in Minneapolis; and*

*WHEREAS, shame, stigma, and stereotypes often prevent people living with mental illness from seeking help; and*

*WHEREAS, prevention is an effective way to reduce the burden of mental health conditions; and*

*WHEREAS, mental health conditions are common and treatable, and early and effective intervention and support can save lives and change the trajectories of people living with mental illness; and*

*WHEREAS, all individuals, including and especially those managing mental health conditions, are full members of our community and deserve access to stigma-free support; and*

*WHEREAS, the Minneapolis Health Department is collaborating with community organizations, health providers, employers, schools and residents to reduce mental health stigma, and promote well-being and resilience during COVID-19; and*

*WHEREAS, the City of Minneapolis supports employee wellness programs that improve stress management, employee engagement and resilience during the COVID-19 pandemic.*

*NOW, THEREFORE, I, JACOB FREY, Mayor of Minneapolis, do hereby proclaim May 2020 as:*

## MENTAL HEALTH MONTH IN THE CITY OF MINNEAPOLIS



**Mayor of Minneapolis**

