

Proclamation

***WHEREAS,** May is Mental Health Awareness Month for which the 2022 theme is “Together for Mental Health” highlighting that together, we can realize our shared vision of a city where anyone affected by mental illness can get the appropriate support and quality of care to live healthy, fulfilling lives; and*

***WHEREAS,** while one in five adults will experience mental illness during their lifetime, everyone faces challenges in life that can impact their mental health; and*

***WHEREAS,** according to the Centers for Disease Control and Prevention (CDC), one in six children and one in five adolescents experiences a mental, behavioral, or developmental disorders; and*

***WHEREAS,** about half of Americans will meet the criteria for a diagnosable mental health condition sometime in their life, with symptoms starting by age 24 for most people; and*

***WHEREAS,** starting July 16, 2022, individuals can call, text, or chat 988, the new three-digit dialing code to the 24/7 National Suicide Prevention Lifeline where they will be connected to trained counselors that listen, understand how their problems are affecting them, provide support, and connect them to resources if necessary; and*

***WHEREAS,** the City of Minneapolis recognizes that social, cultural, and historical factors often disproportionately impact the mental health of communities that have traditionally been marginalized, especially Black, Indigenous, Latinx, Asian, and other communities of color due to compounding stress and trauma from systemic oppression and racial injustice, which leads to a mental health burden that is deeper than what others may face; and*

***WHEREAS,** the City of Minneapolis uplifts the community’s resilience to maintain mental wellbeing especially during the COVID-19 pandemic, the murder of George Floyd, and subsequent civil unrest, and ongoing mental health challenges; and*

***WHEREAS,** the City of Minneapolis acknowledges that mental health routinely emerges as a community health priority in Minneapolis and that shame, stigma, and stereotypes often prevent people living with mental illness from seeking help; and*

***WHEREAS,** the City of Minneapolis commits to prioritizing the need for implementing trauma-informed approaches into our practices, policies, procedures, and processes to acknowledge the experience of trauma while also seeking to operate in a way that does not re-traumatize people; and*

***WHEREAS,** the City of Minneapolis affirms mental health conditions are common and treatable. The average delay between symptom onset and treatment is eleven years, meaning people spend months or years facing mental health challenges before getting a diagnosis, but early and effective intervention and support can save lives and change the trajectories of people living with mental illness; and*

***WHEREAS,** the City of Minneapolis provides adolescent-friendly, culturally based mental health counseling through its networks of school-based clinics as well as mobile behavioral crisis responders who are dispatched to emergency mental health situations through 911; and*

***WHEREAS,** as an employer, the City of Minneapolis recognizes employee mental health as a top priority and strives to create a culture that supports employee mental health and well-being so that they can contribute in a meaningful way to themselves, their family, and the workplace; and*

***WHEREAS,** the City of Minneapolis 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;*

NOW, THEREFORE, I, JACOB FREY, Mayor of Minneapolis, do hereby proclaim May 2022 as:



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MENTAL HEALTH MONTH IN THE CITY OF MINNEAPOLIS

As Mayor, I also call upon the community, government agencies, public and private institutions, businesses, and schools to commit to increasing awareness and understanding of mental wellbeing, as well as the steps our community can take to protect their mental wellbeing, implement trauma-informed initiatives, and the need for appropriate and accessible services for all people with mental health conditions.



Mayor of Minneapolis

