



**HONORARY PROCLAMATION
DECLARING THE MONTH OF MAY 2024 AS
"MENTAL HEALTH AWARENESS MONTH"**

WHEREAS, our mental health includes our body, mind, and heart. It is an important part of our overall health and it affects the way we think, feel, act, and engage with others; and

WHEREAS, our community, our culture, and our safe spaces help support our mental health and help set the foundation for achieving and maintaining good mental health; and

WHEREAS, we celebrate the growing awareness and support for mental health in our community. We are seeing our community embrace the initiatives and resources that aim to promote mental health; and

WHEREAS, we acknowledge the influence of stigma and cultural differences and how they can impact if, how, and when a person seeks help. We also recognize that stigma can contribute to some misunderstandings about mental health that can span generations and cultures; and

WHEREAS, it is important that we, as a community, promote mental health together in a coordinated, inclusive, and culturally-responsive way. Every citizen, family, organization, provider, and valued stakeholder shares a responsibility to help keep our communities safe.

NOW, THEREFORE, BE IT RESOLVED that I, Caren Ray Russom, Mayor of the City of Arroyo Grande, do hereby proclaim May 2024 as Mental Health Awareness Month, and encourage policy makers, organizations, localities, schools, nonprofit organizations, businesses, and persons with lived experience to observe the month with appropriate programs and activities that promote mental health and wellness for all individuals and families.

IN WITNESS WHEREOF, I have hereunto set my hand and caused the Seal of the City of Arroyo Grande to be affixed this 23rd day of April 2024.

CAREN RAY RUSSOM, MAYOR

