

CITY OF YAKIMA PROCLAMATION

WHEREAS, mental health is crucial to overall health and well-being, allowing people to realize their full potential, cope with life stressors, work productively and contribute to their communities; and

WHEREAS, promoting mental health awareness reduces stigma, encourages people to seek help when needed, and creates a society that sees mental health as integral to total human health; and;

WHEREAS, tens of millions of Americans live with mental health conditions, from depression and anxiety to Post-Traumatic Stress Disorder and Schizophrenia, facing challenges in their daily lives; and

WHEREAS, less than half of adults and only one-third of adolescents with diagnosable mental health conditions receive needed treatment, often due to stigma, lack of access to services or unmet costs; and

WHEREAS, National Mental Health Awareness Month calls on all Americans to increase their understanding of the importance of mental health and the mind-body connection, and to help end the stigma surrounding mental health conditions.

NOW, THEREFORE, I Patricia Byers, Mayor of the City of Yakima and on behalf of the Yakima City Council, do hereby proclaim May 2024 as

“MENTAL HEALTH AWARENESS MONTH”

and I call upon all residents, government agencies, public and private institutions, businesses and schools in the United States to invest in mental health awareness activities, and peer counseling and treatment programs. Through these efforts, we can provide hope and support for those struggling, eliminate archaic stigmas, and make our nation a more empathetic and resilient place.

And furthermore, I encourage all to support the millions dealing with mental health challenges through simple actions like checking on loved ones, learning warning signs, promoting mental health services, and taking steps to safeguard personal mental health and wellness.

By promoting awareness, access to care, and opportunities for recovery, we can ensure a brighter future for all Americans facing mental health challenges.

Dated this 28th day of May, 2024

Patricia Byers, Mayor