



## Mental Health Awareness Month

May 2023

**Whereas**, there is a proven connection between good mental health and overall personal health; and

**Whereas**, mental illness affects almost every family in America; and

**Whereas**, people with mental illnesses recover if given the necessary services and support in their communities; and

**Whereas**, people with mental illnesses make important contributions to our families and our communities; and

**Whereas**, millions of adults and children are disabled by mental illnesses every year; and

**Whereas**, only one out of two people with a serious form of mental illness seeks treatment for his or her mental illness; and

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

**Whereas**, research shows that the most effective way to reduce stigma is through personal contact with someone with a mental illness; 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 illnesses can change negative attitudes and behaviors toward people with mental illnesses; and

**Whereas**, the City of Avondale is committed to supporting mental health resources for employees and the community through a variety of programs;

**NOW THEREFORE**, I, Kenneth Weise, by virtue of the authority vested in me as Mayor of the City of Avondale, Arizona, and along with the entire Avondale City Council, do hereby proclaim the month of May 2023 as Mental Health Month. I also call upon all citizens, government agencies, public and private institutions, business, and schools to recommit our community to increasing awareness and understanding of mental illness, reducing stigma and discrimination, and promoting appropriate and accessible services for all people with mental illnesses.

  
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Mayor

Attest:   
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City Clerk