

Proclamation

Mental Health Awareness Month May 2024

***WHEREAS**, mental health conditions are one of the most common health conditions worldwide, made worse by the isolation and trauma of the COVID-19 pandemic; and*

***WHEREAS**, in 2022, two in five adults reported anxiety and depression, and two in five teens describe experiencing persistent sadness or hopelessness, exacerbated by social media, bullying, and gun violence. Drug overdose deaths are also near record highs, and suicide is the second leading cause of death among young people; and*

***WHEREAS**, every day, millions of people face stigma related to mental health and substance use conditions and may feel isolated and alone, going years before receiving any help; and*

***WHEREAS**, mental health and substance use conditions are treatable health conditions, and people who have mental health and substance use conditions can recover and lead full and meaningful lives; and*

***WHEREAS**, the National Alliance on Mental Illness (NAMI) San Mateo County is dedicated to improving the quality of life for people with mental illness and their families through support, education and advocacy; and*

***WHEREAS**, NAMI's campaign for Mental Health Awareness Month is #MoreThanEnough – which emphasizes that no matter your diagnosis, appearance, socioeconomic status, background or ability – if all you did today was wake up, that's more than enough; and*

***WHEREAS**, the City of Redwood City supports NAMI in its endeavors to increase the public's knowledge of signs and symptoms of mental health and substance use conditions, professional and self-help resources and self-care practices.*

***NOW THEREFORE, BE IT RESOLVED THAT I, JEFF GEE, MAYOR OF REDWOOD CITY**, on behalf of the City Council and the people of the City of Redwood City, do hereby recognize May 2024 as **MENTAL HEALTH AWARENESS MONTH** in Redwood City and encourage the community to join us in raising awareness of the campaign, #MoreThanEnough! No matter where you are on your mental health journey, #MoreThanEnough is a reminder that you are inherently worthy of life, love, and healing.*

Date: May 20, 2024




Jeff Gee, Mayor


Lissette Espinoza-Garnica, Vice Mayor


Alicia C. Aguirre, Council Member


Kala Eakin, Council Member


Diane Howard, Council Member


Elmer Martinez-Sabellós, Council Member


Chris Sturken, Council Member