



## Legislation Text

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### **May 2022 as Mental Health Awareness Month**

**WHEREAS**, mental health is essential to our overall health, and the importance of attending to it has become even more pronounced during the COVID-19 pandemic, which has negatively impacted people's mental health and created barriers to treatment; and

**WHEREAS**, nearly one in five Americans lives with a mental health condition, including millions of adults and children who experience anxiety, depression, schizophrenia, bipolar disorder, post-traumatic stress disorder, or others; and

**WHEREAS**, many people with mental health issues may not know how to access resources for their needs and stigma or fear of discrimination keep many who would benefit from mental health services from seeking help; and

**WHEREAS**, the City of San Leandro supports efforts to address mental health and the emotional well-being of individuals and at-risk populations, and to support legislation to strengthen such services.

**NOW THEREFORE, BE IT RESOLVED**, that I, Mayor Paulene Russo Cutter do hereby declare May 2022 as "Mental Health Awareness Month" in San Leandro and call upon our community to increase awareness and understanding of mental illnesses, reduce stigma and discrimination toward mental illness, and promote appropriate and accessible services for all people with mental illnesses.

**IN WITNESS WHEREOF**, I have hereunto set my hand and caused the Seal of the City of San Leandro to be affixed this 2<sup>nd</sup> day of May 2022