

# Proclamation

*WHEREAS, May is Mental Health Awareness Month, which is a time to lift up our shared vision of a city where anyone affected by mental health challenges can get the appropriate support and quality of care to live healthy, fulfilling lives; and*

*WHEREAS, This year's theme is "Where to Start: Mental Health in a Changing World," which highlights that the world is constantly changing and it can be overwhelming to deal with everything going on and navigating steps ahead can be challenging and overwhelming; and*

*WHEREAS, This May, Mental Health America and the Minneapolis Health Department will help people learn how modern life affects mental health with new resources to navigate our changing world; act by building a coping toolbox to manage stress, difficult emotions, and challenging situations; promote 988 as a resource for those who need help; and Advocate to improve mental health personally, and for friends, family, and community by knowing it's ok not to be ok; and*

*WHEREAS, More than one in five US adults live with a mental health challenge, making it one of the most common health conditions, and over one in five youth (ages 13-18) either currently or at some point during their life have had a debilitating mental illness; and*

*WHEREAS, Across the country, one in six youth experience a mental health condition each year, and only half of them receive treatment, and in the 2022 Minnesota student survey, students reported greater struggles with mental health, including depression and anxiety, statewide; and*

*WHEREAS, LGBTQ+ youth are more likely to face mental health challenges, and are three times more likely to report considering suicide and four times more likely to attempt suicide than heterosexual students according to the 2022 Minnesota Student Survey; and*

*WHEREAS, Communities of color are more likely to experience untreated mental conditions, with 52% of White individuals with mental illnesses having received health services in 2020 compared to 37.1% and 35% of Black and Hispanic individuals respectively; and*

*WHEREAS, Social, cultural, and historical factors often disproportionately impact the mental health of communities that have traditionally been marginalized due to compounding stress and trauma from systemic oppression and racial injustice, which leads to a mental health burden that is deeper than what others may face; and*

*WHEREAS, Mental health routinely emerges as a community health priority however shame, stigma, and stereotypes often prevent people living with mental illness from seeking help; and*

*WHEREAS, The number 9-8-8 is the National Suicide and Crisis Lifeline for matters of mental health crisis and will connect people directly to a trained crisis counselor 24/7, 365 days a year; and*

*WHEREAS, The City of Minneapolis is committed to prioritizing the need for implementing trauma-informed approaches into our practices to acknowledge the experience of trauma while simultaneously seeking to operate in a way that does not re-traumatize people; and*

*WHEREAS, Mental health conditions are common and treatable, and early and effective intervention and support can save lives and change the trajectories of people living with mental illness; and*

*WHEREAS, The City of Minneapolis provides adolescent friendly, culturally based mental health counseling through its network of School Based Clinics, a network of behavioral crisis emergency responders through the 911 system, and through fostering supportive workplace practices; and*

*WHEREAS, The City of Minneapolis is steadfast on working with community organizations, health providers, employers, schools, and neighbors to reduce mental health stigma, and promote well-being and resilience.*

*NOW, THEREFORE, I, JACOB FREY, Mayor of Minneapolis, do hereby proclaim May 2024 as:*

## MENTAL HEALTH AWARENESS MONTH IN THE CITY OF MINNEAPOLIS

*and call upon the community, government agencies, public and private institutions, businesses, and schools to commit to increasing awareness and understanding of mental wellbeing, as well as promote steps our community may take to protect their mental wellbeing, implement trauma-informed initiatives, and provide appropriate and accessible services for all people with mental health conditions.*



A handwritten signature in black ink, appearing to read "J Frey".

Mayor of Minneapolis

