



**MENTAL HEALTH AWARENESS MONTH PROCLAMATION**

**WHEREAS**, mental health is essential to everyone's overall health and well-being; and

**WHEREAS**, mental illnesses are real and prevalent in our nation, and half of us will have a mental health diagnosis at some point in our lives; and

**WHEREAS**, all Americans experience times of difficulty and stress in their lives, and should feel comfortable in seeking help and support to manage these times; and

**WHEREAS**, engaging in prevention, early identification, and early intervention are effective ways to reduce the burden of mental illnesses as they are to reduce the burden of other chronic conditions; and

**WHEREAS**, there is a strong body of research that identifies behavioral health risks and supports specific tools that all Americans can use to protect their health and well-being; and

**WHEREAS**, all individuals with mental illnesses – even serious mental illnesses - can make progress toward recovery and lead full, productive lives; and

**WHEREAS**, jails and prisons have often become the default places of custodial care for even nonviolent people with serious mental illnesses; and

**WHEREAS**, each business, school, government agency, healthcare provider, organization and citizen has a responsibility to promote mental health and well-being for all.

**NOW, THEREFORE, BE IT RESOLVED THAT I**, Jeffrey D. Gowing, Mayor of the City of Cottage Grove, on behalf of the City Council, do hereby proclaim May 2022 as Mental Health Awareness Month in Cottage Grove. As the Mayor, I also call upon the citizens, government agencies, public and private institutions, businesses and schools in Cottage Grove to recommit our community to increasing awareness and understanding of mental health, the steps our citizens can take to protect their mental health, and the need for appropriate and accessible services for all people with mental illnesses at all stages.

**IN WITNESS WHEREOF**, I have hereunto set my hand and caused the seal of the City of Cottage Grove to be affixed this 25<sup>th</sup> day of April, 2022.



\_\_\_\_\_  
Jeffrey D. Gowing, Mayor  
City of Cottage Grove, Oregon