

*Office of the Mayor
Foley, Alabama
Proclamation*

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

WHEREAS, all Americans face challenges in life that can impact their mental health; and

WHEREAS, prevention is an effective way to reduce the burden of mental health conditions; and

WHEREAS, there are practical tools that all people can use to improve their mental health and increase resiliency; and

WHEREAS, mental health conditions are real with 1 in 5 living with a mental health condition in our nation with the other 4 family members or friends, therefore affecting nearly 100% of our population; and


WHEREAS, with effective treatment, those individuals with mental health conditions can recover and lead full, productive lives; and

WHEREAS, only half of Americans (53%) say they are familiar with the U.S. mental health care system; and

WHEREAS, each business, school, government agency, healthcare provider, organization and citizen shares the burden of mental health problems and has a responsibility to promote mental wellness and support prevention efforts.

NOW, THEREFORE, I, Mayor Ralph G. Hellmich, do hereby proclaim May 2024 as "**MENTAL HEALTH MONTH**" in the City of Foley. I also call upon the citizens, government agencies, public and private institutions, businesses and schools in the City of Foley 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 health conditions.

In witness whereof, I have hereunto set my hand on this **6th Day of May, 2024**


Attest: Kathryn Taylor

