

# Proclamation

## Office of the Mayor

### “MENTAL HEALTH AWARENESS MONTH”

**WHEREAS**, this year, National Mental Health Awareness Month coincides with one of the most complex and challenging periods in our Nation’s recent history — combatting the coronavirus pandemic. Not only has the virus caused immense physical suffering and loss for many people, it has also resulted in mental and emotional hardship; and

**WHEREAS**, the stress and worry over the health and safety of family and friends, forced isolation, and financial distress can all result in anxiety, depression, substance misuse and abuse, and, tragically, even suicide. There is no question this is a difficult and unprecedented time for everyone. Yet, we know that there are ways to help people cope during these uncertain times, and we are committed to caring for those in need; and

**WHEREAS**, while 1 in 5 people will experience a mental illness during their lifetime, everyone faces challenges in life that can impact their mental health. In 2020, the theme of Tools 2 Thrive (<https://www.mhanational.org/mental-health-month>) will provide practical tools that everyone can use to improve their mental health and increase resiliency regardless of the situations they are dealing with. These tools – even those that may need to be adapted for the short term because of COVID-19 and social distancing – will be more useful than ever; and

**WHEREAS**, studies show that mental health is a significant component of physical health; and

**WHEREAS**, when offered adequate services, wellness and recovery are possible for all who live with mental illness; and

**WHEREAS**, mental health awareness, prevention and education encourage individuals to seek professional and/or social support; and

**NOW THEREFORE**, I, **Danielle DiPaola**, Mayor of the Borough of Emerson, do proclaim May, 2020 as Mental Health Month.

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Mayor Danielle DiPaola