

PROCLAMATION

City of Monrovia

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; and

WHEREAS, 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; and

WHEREAS, there is no question this is a difficult and unprecedented time for Americans; 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, mental illness can affect anyone and can develop at any time, its effects spreading well beyond the individual to family, friends, and coworkers; and

WHEREAS, it is up to all of us to know the signs of mental health issues and lend a hand to those who are struggling; to make sure they know that asking for help is not a sign of weakness - it is a sign of strength; and

NOW, THEREFORE, I, Tom Adams, Mayor of the City of Monrovia, along with the entire City Council, do hereby proclaim the month of May 2020 as;

"Mental Health Awareness Month"

and encourage the community to fight the stigmas surrounding mental illness and empower those affected by emotional distress and their loved ones to seek care.

~ Dated this 5th day of May 2020 ~

