

CITY OF SPOKANE



PROCLAMATION

WHEREAS, mental health is an essential part of overall well-being, impacting individuals, families, and communities across Spokane; and

WHEREAS, one in five American adults experiences a mental health condition each year and everyone faces challenges in life that can impact their mental health; and

WHEREAS, despite its prevalence, mental health remains shrouded in stigma, preventing many from seeking help;

WHEREAS, early intervention and access to quality care are crucial for managing mental health conditions and improving quality of life;

WHEREAS, May is recognized nationally as Mental Health Awareness Month, providing an opportunity to raise awareness, combat stigma, and promote mental health resources:

NOW, THEREFORE, I, Lisa Brown, Mayor of the City of Spokane, on behalf of the people of Spokane, do hereby proclaim May 2024 as

MENTAL HEALTH MONTH

in Spokane and encourage all residents to educate themselves and others about mental health conditions, treatment options, and available resources and create a safe and supportive environment where everyone feels empowered to prioritize their mental well being and seek help when needed.

I, Lisa Brown, Mayor of Spokane,
do hereunto set my hand and
cause the seal of the City of Spokane
to be affixed this
1st day of May 2024.

Lisa Brown

Lisa Brown
Mayor

