

# CITY OF SPOKANE



## PROCLAMATION

**WHEREAS**, mental health is part of everyone's overall health and wellbeing, and mental illnesses are prevalent in our city, state, and nation, and since 1949, the month of May has been observed in our country as Mental Health Month; and

**WHEREAS**, one in five people may suffer from some form of mental illness, and through education about good mental health resources in our community, we can encourage our citizens to seek help for mental health issues; and

**WHEREAS**, even before the pandemic, millions of people were experiencing stress, anxiety, and depression, and the pandemic has only exacerbated these conditions, and now, more than ever, it is critical to reduce the stigma around mental health struggles because that stigma often prevents individuals from seeking help:

**NOW, THEREFORE**, I, Nadine Woodward, Mayor of the City of Spokane, on behalf of the citizens of Spokane, do hereby proclaim May 2023 as

### MENTAL HEALTH AWARENESS MONTH

in Spokane and recommit our community to increasing awareness and understanding of mental illnesses, reducing stigma and discrimination, and promoting appropriate and accessible services for all people with mental illnesses.

I, Nadine Woodward, Mayor of Spokane,  
do hereunto set my hand and  
cause the seal of the City of Spokane  
to be affixed this  
15<sup>th</sup> day of May 2023.

Nadine Woodward  
Mayor

