



Proclamation

Mental Health Awareness Month

WHEREAS, Mental Health Awareness Month has been observed since 1949 to raise awareness of mental health conditions and the importance of mental health; and

WHEREAS, each May we raise awareness about the importance of mental health and its impact on the well-being of all Americans, including children, adults, families, and communities across our Nation; and

WHEREAS, in 2020, 21% of U.S. adults experienced mental illness, representing 1 in 5 adults; and

WHEREAS, the COVID-19 pandemic exacerbated those conditions, creating an unprecedented mental health crisis across our country; and

WHEREAS, mental health challenges among our youth have also been particularly acute due to disruptions in routines, increased social isolation, and learning loss. Research has shown that social media plays a central role in increasing mental health challenges among young people — especially young women; and

WHEREAS, half of all chronic mental illness begins by age 14 and three quarters by age 24, and suicide is the second leading cause of death among people ages 10 through 34; and

WHEREAS, mental health promotion starts in childhood, and all Coloradans benefit from access to early health education, prevention, and intervention; and

WHEREAS, Colorado communities are stronger and healthier with robust, local mental health services from prevention and wellness through treatment and recovery; and

WHEREAS, Colorado continues to increase access to services that contribute to the promotion of a healthier state and make Colorado a leader in mental health in the United States.

NOW, THEREFORE BE IT RESOLVED that I, Gregory Mills, Mayor of the City of Brighton, on behalf of the Brighton City Council, do hereby proclaim May 2022 as Mental Health Awareness Month in the City of Brighton.

DATED this 3rd day of May 2022.

CITY OF BRIGHTON

ATTEST:

Natalie Hoel, City Clerk

Gregory Mills, Mayor
Adam Cushing, Mayor Pro Tem
Clint Blackhurst
Matt Johnston
Peter Padilla
Jan Pawlowski
Mary Ellen Pollack
Ann Taddeo
Tim Watts