



# Proclamation

## **Mayor Proclaims May as Mental Health Awareness Month**

**WHEREAS**, mental health is an essential part of overall well-being, impacting individuals, families, and communities across North Dakota, including Minot; and

**WHEREAS**, two in five adults report anxiety and depression, two in five teens describe experiencing persistent sadness or hopelessness, drug overdose deaths are at near record highs, suicide is the second leading cause of death among young people, 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 despite early intervention and access to quality care being crucial for managing mental health conditions and improving quality of life; and,

**WHEREAS**, this month of recognition raises awareness about mental illness, its prevalence in today's society, and its impacts on people of all ages and diverse backgrounds in large communities, rural areas, and in smaller cities like Minot; and,

**WHEREAS**, as residents of Minot, we can work together to create a community where everyone feels supported and empowered to prioritize their mental well-being and is encouraged to seek help from family, friends, and mental health professionals when recommended or needed.

**NOW, THEREFORE, DO I**, Tom Ross, Mayor of the City of Minot, hereby proclaim May as Mental Health Awareness Month in Minot, and encourage all residents to educate themselves and others about mental health conditions, challenge stigma by speaking respectfully and inclusively about mental health, seek help if they are struggling with their mental health, support organizations that provide mental health services and advocacy, and work to create safe and supportive environments where all residents can have open conversations about mental health.

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***Tom Ross, Mayor, City of Minot***

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***City of Minot City Clerk***