

RESOLUTION NO. _____ - 23

A RESOLUTION RECOGNIZING MAY 2023 MENTAL
HEALTH AWARENESS MONTH

WHEREAS, the City Council of Colorado Springs supports the designation of May 2023 as “Mental Health Awareness Month”; and

WHEREAS, the mental health and well-being of people in the United States is a vital issue that affects not only quality of life, but also the health of communities, families, and economic stability; and

WHEREAS, in 2021 El Paso County Coroner reported 176 individuals completed suicide, this was the highest number of any county in the state of Colorado; and

WHEREAS, of those 176 who completed suicide, 81% were male, 62% had a reported history of prior suicidal thoughts, 30% were active or prior military duty, and 74% of autopsies contained drugs; and

WHEREAS, the most common risk factors present were relationship issues, financial struggles, substance abuse, chronic health problems, grief, and legal issues; and

WHEREAS, individuals with mental health conditions and other behavioral health disorders can and do recover with clinical treatment and social supports, including medications, psychotherapies, psychosocial rehabilitation, counseling services, and peer support; and

WHEREAS, recovery begins with self-directed care, families, faith-based organizations, and communities that come together to support one another; and

WHEREAS, reducing the stigma around mental health can encourage people to seek help, improve mental health outcomes, and create a more supportive environment. It can lead to better mental health outcomes, increased understanding, empathy, and support for those with mental health issues; and

WHEREAS, recognizing the month of May as Mental Health Awareness Month, we hope to elevate conversations by encouraging individuals to talk openly with friends, family, or people of trust regarding their mental health struggles; and

NOW, THEREFORE, BE IT RESOLVED BY THE CITY COUNCIL OF THE CITY OF COLORADO SPRINGS:

Section 1. City Council recognizes May 2023 as Mental Health Awareness Month.

Dated at Colorado Springs, Colorado this 9th of May, 2023.

Council President

ATTEST:

Sarah B. Johnson, City Clerk