

# Proclamation

## Mental Health Awareness Month

May 2024

- WHEREAS,** mental health is crucial to the well-being of our community; and
- WHEREAS,** May is Mental Health Awareness Month. Since its inception in 1949, Mental Health Awareness Month has been a cornerstone of addressing the challenges faced by millions of Americans living with mental health conditions; and
- WHEREAS,** we acknowledge the various mental health initiatives, programs, providers, and partners, and;
- WHEREAS,** loneliness can introduce or exacerbate mental health conditions including depression and anxiety, and social isolation can raise the risk of dementia by 50 percent in older adults, as highlighted by U.S. Surgeon General Vivek Murthy's 2023 advisory; and
- WHEREAS,** it is imperative to raise awareness about the impact of loneliness and social isolation on mental health, and to take proactive steps to combat this issue in our community.

**NOW, THEREFORE,** I, Randy Helms, President of the Colorado Springs City Council, and I, Yemi Mobolade, Mayor of Colorado Springs, do hereby proclaim May as

## Mental Health Awareness Month

- in Colorado Springs and acknowledges the urgent need to address loneliness and social isolation and encourages all residents to take action to foster connections and support one another's mental health. We urge our community to stem the tide of disconnectedness by:
- Recognizing May as Mental Health Awareness Month and participating in activities and events that promote mental health awareness and support,
  - Hosting a neighborhood gathering to bring people together
  - Prioritizing social opportunities with family, friends and colleagues
  - Acknowledging or greeting others encountered in public spaces
  - Pursuing clinical work and healing to improve overall health and wellness to reach their fullest potential.

Together, let us strive to build a community where everyone feels valued, supported, and connected.

**IN WITNESS WHEREOF,** I have hereunto set my hand and caused the Great Seal of the City of Colorado Springs to be affixed this 14<sup>th</sup> day of May 2024.

Randy Helms, President  
Colorado Springs City Council

Blessing "Yemi" Mobolade, Mayor  
City of Colorado Springs