

Mayor Nancy Smith

Whereas, Mental Health Awareness Month has been observed in May since 1949 and provides an opportunity to raise awareness about mental health, reduce stigma, and educate the public about the importance of mental well-being; and

Whereas, mental health affects all individuals regardless of age, race, gender, or socio-economic background, and one in five Americans experiences a mental health condition each year, yet many do not seek the help they need; and

Whereas, mental health conditions, including anxiety, depression, and substance use disorders, can have significant effects on individuals, families and communities, but they can be treated, managed, and prevented through timely intervention, support, and education; and

Whereas, it is essential to recognize that mental health is an integral part of overall health and well-being, and that promoting mental wellness contributes to the thriving of individuals and the community as a whole; and

Whereas, the City of Maricopa is committed to creating a supportive environment that fosters mental well-being, promotes access to mental health services, and ensures that every resident has the opportunity to live a fulfilling and healthy life; and

Whereas, during Mental Health Awareness Month, we recognize the importance of open discussions about mental health, offer support to those struggling with mental health issues, and encourage those in need to seek help and support from professionals, loved ones, and community resources; and

Whereas, the City of Maricopa acknowledges the valuable contributions of mental health professionals, caregivers, advocates, and organizations who are dedicated to improving mental health services and promoting mental well-being across the community.

NOW, THEREFORE, I, Nancy Smith, Mayor of the City of Maricopa do hereby proclaim the month of May 2025 as **Mental Health Awareness Month** in the City of Maricopa and encourage all residents to learn more about mental health, reduce stigma, support those affected by mental health conditions, and contribute to the well-being of their community.

Dated this 6th day of May 2025

Nancy Smith, Mayor