



## Mental Health Awareness Month May 2020

**Whereas:** Mental health is a part of overall health and helps to sustain an individual's thought processes, relationships, productivity and ability to adapt to change or face adversity. Mental illness adversely affects those abilities and often is life threatening in nature. According to the Mental Health Alliance, 1 in 5 adults and children will experience a mental health condition in their lifetime; and

**Whereas:** It is important to maintain mental health and learn the symptoms of mental illness. Long delays—sometimes decades—often occur between the time symptoms first appear and when individuals get help. Early identification and treatment can make a difference in successful management of mental illness and recovery; and

**Whereas:** We recognize that numerous City of Roseville residents across generations are impacted by mental illness; and

**Whereas:** Every citizen and community can make a difference in helping end the silence and stigma that for too long has surrounded mental illness and discouraged people from getting help; and

**Whereas:** The City of Roseville is committed to providing support for families and individuals facing mental health issues by providing financial and in-kind support to service providers such as Northeast Youth and Family Services, and advocacy groups such as Roseville Alzheimer's and Dementia Community Action Team, and the Community Health Awareness Team; and

**Whereas:** The City of Roseville provides mental health resources for public safety personnel; and

**Whereas:** The City of Roseville provides training for police officers, firefighters and others to address the needs of persons in a mental health crisis; and

**Whereas:** Public education and civic activities can encourage mental health and help improve the lives of individuals and families affected by mental illness; and

**Now, Therefore Be It Resolved,** that the City Council hereby declares the month of May 2020 to be Mental Health Awareness Month in the City of Roseville.

**In Witness Whereof,** I have hereunto set my hand and caused the Seal of the City of Roseville to be affixed this 18<sup>th</sup> day of May, 2020.

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Mayor Daniel J. Roe

