



Mental Health Awareness Month May 2021

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 numerous residents of the City of Roseville 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: 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, 2021 to be Mental Health Awareness Month in the City of Roseville and encourages all residents to focus on the healing value of connecting in safe ways, prioritizing mental health and acknowledging that those who struggle with mental illness are not alone.

In Witness Whereof, I have hereunto set my hand and caused the Seal of the City of Roseville to be affixed this 26th day of April, 2021.

Mayor Daniel J. Roe