

WHEREAS, mental illnesses are biologically based medical problems that disrupt a person's daily functioning, including severe disturbance in thinking, feeling, and relating, resulting substantially in a diminished capacity for dealing with the ordinary demands of life; and

WHEREAS, approximately one in five adults will experience a mental illness in their life, and only one out of two people with a serious form of mental illness will seek treatment; and

WHEREAS, stigma and fear of discrimination keep many who would benefit from mental health services from seeking help, and research shows that the most effective way to reduce this stigma is through personal contact with someone with a mental illness; and

WHEREAS, good mental health is critical to the well-being of our families, communities, schools, and businesses; and

WHEREAS, the COVID-19 pandemic has exacerbated the mental health crisis in both children and adults; and

WHEREAS, the depth of the mental health crisis among children (under age 18) is staggering, with children's hospitals reporting a 45% increase in the number of cases of self-injury and suicide in just the first half of 2021; and

WHEREAS, the National Alliance on Mental Illness (NAMI) Broward County promotes greater public awareness about mental illness to change negative attitudes and behaviors toward people with mental illnesses and to improve the quality of life for all individuals affected by these illnesses; and

WHEREAS, NAMI Broward provides education and support programs to the community to help over 35,000 people and their families with mental illness each year and promotes early, accessible, and quality health care, which prevents hospitalizations and incarcerations and saves money; and

WHEREAS, NAMI encourages those living with mental illness to seek help and to be uplifted by its message, "*You are not alone.*"

NOW, THEREFORE, BE IT RESOLVED that the City Commission of the City of Coconut Creek, Florida, hereby proclaims May 2022 as

"MENTAL HEALTH AWARENESS MONTH"

and urges all citizens to commit to increasing awareness and understanding of mental illness, reducing stigma and discrimination, and promoting appropriate and accessible services for all people with mental illness.

**IN WITNESS WHEREOF, we have hereunto
set our hands and caused the seal of the
City of Coconut Creek to be affixed
this 12th day of May 2022.**