

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

WHEREAS, the depth of the mental health crisis for adults and children is staggering, with one in five adults experiencing mental illness in any given year, half of all mental illnesses beginning by age 14, and 75 percent of all mental illnesses beginning by age 24; and

WHEREAS, mental illnesses are medical illnesses, which are common and treatable, and earlier treatment means better outcomes; and

WHEREAS, good healthcare includes mental healthcare, which must be accessible to all people regardless of race, gender, age, sexual orientation, socioeconomic status, values, and cultural beliefs. It is essential that these factors be considered as a part of treatment, so that a shared community can be a source of strength; and

WHEREAS, half of children and adults living with mental illness never receive life-changing treatment due to lack of access to care and stigma; and

WHEREAS, communities support those with mental illnesses by ensuring accessibility to quality care and appropriate supports; and

WHEREAS, the National Alliance on Mental Illness (NAMI) Broward County provides support, education, and advocacy to bring awareness, foster better understanding, coping strategies and positive outcomes for people and their families effected by mental illness; and

WHEREAS, people with mental illnesses are able to live meaningful lives and make important and valuable contributions. The resilience and recovery of people living with a mental diagnosis should be celebrated rather than stigmatized; 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 2023 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 11th day of May 2023.**