

OFFICE OF



THE MAYOR

# PROCLAMATION

## ***Mental Health Month 2023***

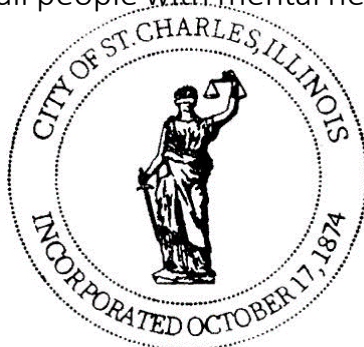
**WHEREAS,** mental health is essential to everyone's overall health and well-being. More than 1 in 5 adults live with mental illness, equaling over 50 million people; and

**WHEREAS,** Americans of all ages face challenges in life that can impact their mental health. Young adults ages 18-25 have the highest rate of mental health issues (30.9%); and

**WHEREAS,** destigmatization and increased accessibility to treatment can help combat the rising rates of depression, anxiety, and substance abuse; and

**WHEREAS,** each business, school, government agency, healthcare provider, organization and citizen share the burden of the mental health crisis in our community and country and have a responsibility to promote awareness of and support mental health.

**NOW THEREFORE,** I, Lora Vitek, do hereby proclaim May 2023 as Mental Health Month in St. Charles, Illinois. As the Mayor, I also call upon our citizens, government agencies, private businesses, institutions and schools, to commit to our community to increasing awareness and understanding of mental health, the steps our citizens can take to protect their mental health, and the need for appropriate and accessible services for all people with mental health conditions.



Lora A. Vitek, Mayor