



PROCLAMATION

WHEREAS, Mental health is part of overall holistic health; and

WHEREAS, one in five adults experience a mental health problem in any given year; and

WHEREAS, approximately one-half of chronic mental illness begins by the age of 14 and three-quarters by age 24; and

WHEREAS, suicide is the 10th leading cause of death in the United States and the 2nd leading cause of death among young adults, and 90% of people who die by suicide have an underlying mental illness; and

WHEREAS, text messages to the federal disaster distress hotline increased 1,000% in 2020; and

WHEREAS, many Americans and Floridians are experiencing mental health challenges that they have never experienced before and need assistance to navigate the mental health system; and

WHEREAS, this does not include the significant ripple effect on their families and friends. The impact of mental illness reaches families, neighborhoods, schools, the workplaces; and

WHEREAS, an important part of educating the community and erasing stigma is raising awareness around the fact that mental health services are inclusive of other services besides a therapist or a medication prescriber. Mental health services include services and supports that help individuals with mental illness recover holistically, inclusive of their social, vocational, and community contributions; and

WHEREAS, mental health services support not only the individuals who live with a mental illness, but also are beneficial to their families, friends and the community at large by decreasing homelessness, hospitalizations, and criminalization of the mentally ill - all of which impose a significant emotional, mental and financial cost to our community; and

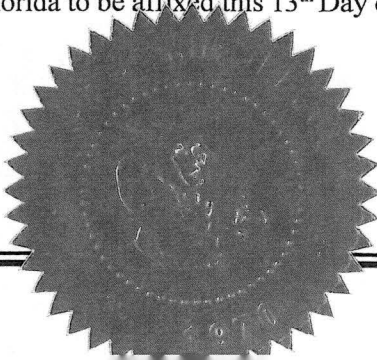
WHEREAS, each business, school, government agency, healthcare provider, organization, park and recreation agency, and citizen share the burden of mental illnesses and have a responsibility to promote mental wellness and support prevention efforts; and


NOW, THEREFORE, I, Leslie Waters, Mayor of the City of Seminole, Florida, on behalf of the City Council do hereby Proclaim this month of May 2025, as

"MENTAL HEALTH AWARENESS MONTH"

I call upon the citizens, government agencies, park and recreation agencies, public and private institutions, businesses, and schools in Seminole, Florida, to recommit our community to increasing awareness and understanding of mental health, and the steps our citizens can take to shine a light on mental illness, fight stigma, provide support, educate the public and advocate for equal care.

IN WITNESS WHEREOF, I have hereunto set my hand and caused the Seal of the City of Seminole, Florida to be affixed this 13th Day of May 2025.




Leslie Waters, Mayor