

Mental Health Month 2022

“Back to Basics”



WHEREAS, mental health is essential to everyone’s overall health and well-being; and

WHEREAS, all Americans experience times of difficulty and stress in their lives; and

WHEREAS, prevention is an effective way to reduce the burden of mental health conditions; and

WHEREAS, there is a strong body of research that supports specific tools that all Americans can use to better handle challenges, and protect their health and well-being; and

WHEREAS, mental health conditions are real and prevalent in our nation; and

WHEREAS, with early and effective treatment, those individuals with mental health conditions can recover and lead full, productive lives; and

WHEREAS, each business, school, government agency, healthcare provider, organization and citizen shares the burden of mental health problems and has a responsibility to promote mental wellness and support prevention efforts.

THEREFORE, I, Ty Coleman, and on behalf of the entire City Council, do hereby proclaim May 2022 as

MENTAL HEALTH MONTH

in the City of Alamosa.

As the City Council, we also call upon the citizens, government agencies, public and private institutions, businesses and schools in Alamosa to recommit 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.

Given under my hand and seal of the City of Alamosa, Colorado on this 18th day of May, 2022.

Ty Coleman, Mayor