

Mental Health Awareness Month

Presented by Councilmember Jennifer Campbell and Councilmember Raul A. Campillo

May 2024

WHEREAS, our mental health directly influences our thoughts, actions, and behaviors, playing a pivotal role in our physical and emotional well-being; *and*

WHEREAS, mental health conditions impact over one billion people worldwide, underscoring the importance of raising awareness to educate the community for the betterment of the City of San Diego; *and*

WHEREAS, promoting mental health awareness empowers individuals to navigate life's stresses, recognize their resilience, and contribute meaningfully to their community; *and*

WHEREAS, research and innovation are crucial in addressing mental health conditions, driving progress in diagnosis, treatment, and ultimately, enhancing the quality of life for patients; *and*

WHEREAS, fostering mental health awareness requires a collective effort from the entire community to cultivate an educated, compassionate, and inclusive environment within the City of San Diego; *and*

WHEREAS, Mental Health Awareness Month encourages collaboration among stakeholders, including patients, healthcare professionals, researchers, policymakers, and industry leaders, to foster greater understanding, support, and action toward improving the lives of those affected by mental health conditions; **NOW, THEREFORE**

BE IT PROCLAIMED, by the Council of the City of San Diego, that this council, for and on behalf of the people of San Diego, does hereby proclaim May 2024 to be “**Mental Health Awareness Month**” in the City of San Diego.