



SCAPPOOSE *Oregon*

National Mental Health Awareness Month

WHEREAS, mental health is an essential part of overall well-being, impacting individuals, families, and communities across the City of Scappoose and the rest of the world; and

WHEREAS, one in five American adults experiences a mental health condition each year and everyone faces challenges in life that can impact their mental health; and

WHEREAS, despite its prevalence, mental health remains shrouded in stigma, preventing many from seeking help; and

WHEREAS, early intervention and access to quality care are crucial for managing mental health conditions and improving quality of life; and

WHEREAS, May is recognized nationally as Mental Health Awareness Month, providing an opportunity to raise awareness, combat stigma, and promote mental health resources;

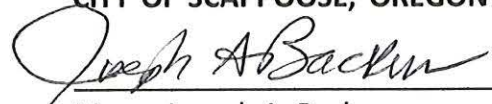
THEREFORE, BE IT PROCLAIMED that May is Mental Health Month in the City of Scappoose.

I encourage all residents of Scappoose to:

- Educate themselves and others about mental health conditions, treatment options, and available resources.
- Challenge stigma by speaking respectfully and inclusively about mental health.
- Seek help if they are struggling with their mental health and encourage others to do the same.
- Support organizations that provide mental health services and advocacy.
- Create safe and supportive environments for open conversations about mental health.
- Together, we can create a community where everyone feels empowered to prioritize their mental wellbeing and seek help when needed.

IN WITNESS WHEREOF, I hereunto set my hand and cause the seal of the City of Scappoose, to be affixed this 6th day of May, 2024.

CITY OF SCAPPOOSE, OREGON



Mayor Joseph A. Backus

Attest:



City Recorder Susan M. Reeves, MMC