



**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 21<sup>st</sup> day of April, 2025.

**CITY OF SCAPPOOSE, OREGON**

Mayor Joseph A. Backus

Attest:

City Recorder Susan M. Reeves, MMC