



Requested by Vice Mayor Bolton

WHEREAS, mental health is essential to everyone's overall health and wellbeing, and addressing the mental health needs in the City of Tamarac's youth, adults, seniors, and families is fundamental to having a healthy community; and

WHEREAS, all people experience times of difficulty and stress in their lives and, with the prevalence of mental health conditions in our nation, it is important for all members of the community to know that specific tools exist which can be used to better handle challenges and protect one's health and wellbeing; and

WHEREAS, prevention is an effective way to reduce the burden of mental health conditions and, with early and effective treatment, individuals with mental health conditions can recover and lead full, productive lives; and

WHEREAS, it is appropriate to recognize the importance of improving the mental health of all of our residents, and Tamarac is committed to raising awareness about mental illness; promoting effective community partnerships and collaborations to serve the mental health needs of our community; and increasing access to appropriate mental health services.

NOW, THEREFORE I, Michelle J. Gomez, Mayor of the City of Tamarac, on behalf of the City Commission, do hereby proclaim May 2020 in Tamarac as

"Mental Health Awareness Month"

and urge all citizens, businesses, organizations, and agencies to work collaboratively to reduce the stigma of mental illness and to increase the mental health of our community.

IN WITNESS WHEREOF, I have hereunto set my hand and caused the Seal of the City of Tamarac to be affixed this 13th day of May, 2020.



Michelle J. Gomez, Mayor

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