



# Proclamation

## MENTAL HEALTH AWARENESS MONTH

May 2023

Whereas, mental health is essential to everyone's overall health and well-being and all Americans experience times of difficulty and stress in their lives;

Whereas, nearly 30,000 Americans commit suicide every year and in the U.S., suicide rates are highest during the spring;

Whereas, Suicide is the third leading cause of death for 15 to 24 year olds and second for 24 to 35 year olds;

Whereas, on average, one person commits suicide every 16.2 minutes and approximately two-thirds who commit suicide are depressed at the time of their deaths;

Whereas, depression that is untreated, undiagnosed or ineffectively treated is the number one cause of suicide;

Whereas, prevention is an effective way to reduce the burden of mental health conditions and there is a strong research that diet, exercise, sleep and stress management can help all Americans protect their health and well-being; and

Whereas, mental health conditions are real and prevalent in our nation and with effective treatment, those individuals with mental health conditions can recover and lead full productive lives.

Now, Therefore, the San Fernando City Council does Hereby Proclaim May 2023 to be **MENTAL HEALTH AWARENESS MONTH** and we urge every resident to take time this month increase their awareness and understanding of mental health and the steps our citizens can take to protect their mental health.



*Celeste T. Rodriguez*

CELESTE T. RODRIGUEZ  
MAYOR

*Mary Mendoza*

MARY MENDOZA  
VICE MAYOR

*Joel Fajardo*

JOEL FAJARDO  
COUNCILMEMBER

*Cindy Montañez*

CINDY MONTAÑEZ  
COUNCILMEMBER

*Mary Solorio*

MARY SOLORIO  
COUNCILMEMBER

*May 1, 2023*

THE CITY OF  
**SAN FERNANDO**