

Proposed: 5/15/2023

RESOLUTION NO. 097-2023(CRR),
First Reading.

By Mayor Seren

A Resolution recognizing May, 2023 to be *Mental Health Awareness Month*; and declaring the necessity that this legislation become immediately effective as an emergency measure.

WHEREAS, founded by Mental Health America in 1949, the purpose of *Mental Health Awareness Month* is to raise awareness and educate the public about mental illness, including conditions like depression, schizophrenia, and bipolar disorder, and reduce the stigma surrounding mental illness; and

WHEREAS, our country faces an unprecedented mental health crisis among people of all ages, where two out of five adults report symptoms of anxiety or depression; and

WHEREAS, there is a proven connection between overall personal health and good mental health, which is critical to the well-being of our families, communities, schools, and businesses; and

WHEREAS, people with mental illnesses make important contributions to our families and our communities;

WHEREAS, even before the pandemic, rates of depression and anxiety were increasing, but the grief, trauma, and physical isolation of the last three years have driven Americans to a breaking point; and

WHEREAS, 57 million Americans have a mental disorder in any given year, but fewer than 40 percent of adults living with a mental illness, and slightly more than one-half of youths age 8 to 15 years with a mental illness received mental health services in the last year; and

WHEREAS, our youth have been particularly impacted as losses from COVID and disruptions in routines and relationships have led to increased social isolation, anxiety, and learning loss, and more than half of parents express concern over their children's mental well-being; and

WHEREAS, stigma and fear of discrimination keep many who would benefit from mental health services from seeking help, and research shows that the most effective way to reduce stigma is through personal contact with someone with a mental illness; and

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WHEREAS, *Mental Health Awareness Month* is both a national and local commitment to reducing the stigma associated with mental illness, encouraging those living with mental health conditions to get the help they need, and affirming our pledge to ensure those who need help have access to support, acceptance, and resources they deserve; and

WHEREAS, there is a need to improve public awareness of mental illness and to strengthen local and national awareness, so that all those with mental illness may receive adequate and appropriate treatment and support.

NOW, THEREFORE, BE IT RESOLVED by the Council of the City of Cleveland Heights, Ohio, that:

SECTION 1. This Council does hereby proclaim May, 2023 to be *Mental Health Awareness Month* and recognizes the necessity to continue to promote mental health awareness and access to mental health care resources.

SECTION 2. Notice of passage of this Resolution shall be given by publishing the title and abstract of its contents, prepared by the Director of Law, once in one newspaper of general circulation in the City of Cleveland Heights.

SECTION 3. It is necessary that this Resolution become immediately effective as an emergency measure necessary for the preservation of the public peace, health, and safety of the inhabitants of the City of Cleveland Heights, such emergency being the need to proclaim *Mental Health Awareness Month* on a timely basis. Wherefore, provided it receives the affirmative vote of five (5) or more of the members elected or appointed to this Council, this Resolution shall take effect and be in force immediately upon its passage; otherwise, it shall take effect and be in force from and after the earliest time allowed by law.

MELODY JOY HART
President of the Council

ADDIE BALESTER
Clerk of Council

PASSED:

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Presented to Mayor: _____

Approved by Mayor: _____

KAHLIL SEREN
Mayor