



## Proclamation Designating Mental Health Awareness Month

**WHEREAS**, there is a proven connection between good mental health and overall personal health; and

**WHEREAS**, mental illnesses affect almost every family in America; and

**WHEREAS**, people with mental illnesses recover if given the necessary services and supports in their communities; and

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

**WHEREAS**, millions of adults and children are disabled by mental illnesses every year; and

**WHEREAS**, only one out of two people with a serious form of mental illness seeks treatment for his or her mental illness; and

**WHEREAS**, stigma and fear of discrimination keep many who would benefit from mental health services from seeking help; and


**WHEREAS**, research shows that the most effective way to reduce stigma is through personal contact with someone with a mental illness; and

**WHEREAS**, good mental health is critical to the well-being of our families, communities, schools, and businesses; and

**WHEREAS**, greater public awareness about mental illnesses can change negative attitudes and behaviors toward people with mental illnesses.

**NOW, THEREFORE, I, CATHERINE ADDUCI, VILLAGE PRESIDENT OF THE VILLAGE OF RIVER FOREST**, do hereby proclaim the month of May to be Mental Health Awareness Month in the Village of River Forest, Illinois, and I call upon all community members to increase awareness and understanding of mental illness, including reducing stigma and discrimination and promoting appropriate and accessible services for all people with mental illnesses.

**IN WITNESS, THEREOF**, I have hereto set my hand officially and caused to be affixed the seal of the Village of River Forest, this 26<sup>th</sup> day of April.

  
Catherine M. Adduci  
Village President