

**Mental Health Awareness Month
May 2023**

Mental health is essential to everyone's overall health and well-being. Mental illnesses are real and prevalent in our nation, and half of us will have a mental health diagnosis at some point in our lives. These conditions are a leading cause of disability in the United States and affect millions of children, adolescents and adults nationwide. Mental illness includes such conditions as schizophrenia, depression, anxiety and post-traumatic stress disorders.

All people experience times of difficulty and stress in their lives, and should feel comfortable in seeking help and support to manage these times. Engaging in prevention, early identification, and early intervention are as effective ways to reduce the burden of mental illnesses as they are to reduce the burden of other chronic conditions. With effective and early treatment, many individuals with mental illnesses - even serious mental illnesses - can make progress toward recovery and lead full lives. However, jails and prisons have often been the default places of custodial care for even nonviolent people with serious mental illnesses.

Each business, school, government, healthcare provider, organization and community member has a responsibility to promote mental health and well-being for all. Sharing personal knowledge and experience of what living with mental illness means can reduce the barriers and stigma associated with individuals seeking mental health treatment to live a longer, healthier life.

We, the City Council of the City of Boulder, Colorado declare May 2023 as

Mental Health Awareness Month



Aaron Brockett, Mayor

