

TOWN OF LYONS, COLORADO

A PROCLAMATION BY THE BOARD OF TRUSTEES OF THE TOWN OF LYONS RECOGNIZING MAY AS MENTAL HEALTH AWARENESS MONTH 2023

WHEREAS, mental health is essential to everyone's overall health and well-being; and

WHEREAS, mental illnesses are real and prevalent in our nation, and will affect almost every family in America; and

WHEREAS, all Americans experience times of difficulty and stress in their lives, and should feel comfortable in seeking help and support to manage these times; 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, The Board of Trustees of the Town of Lyons hereby proclaims:

The month of May 2023 as MENTAL HEALTH MONTH. As the Mayor, I also call upon all Town of Lyons citizens, government agencies, public and private institutions, businesses, and schools to recommit our community to increasing awareness and understanding of mental illnesses, reducing stigma and discrimination, and promoting appropriate and accessible services for all people with mental illnesses.

**Given under my hand and seal of the Town of Lyons
this 1st day of May 2023**

Hollie Rogin, Mayor