City of Stoughton Mental Health Month Proclamation

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

WHEREAS, in 2019 almost half of Stoughton High School students report experiencing significant problems within the past 12 months due to anxiety or prolonged sadness; and

WHEREAS, in 2019 over a quarter of Stoughton High School students report feeling so sad or hopeless almost every day for two weeks or more in a row within the past 12 months that they stopped doing some usual activities; and

WHEREAS, in 2019 half of Stoughton High School students report rarely or never getting the emotional help they need; and

WHEREAS, all Americans face challenges in life that can impact their mental health, especially during a pandemic; and

WHEREAS, prevention is an effective way to reduce the burden of mental health conditions; and

WHEREAS, there are practical tools that all people can use to improve their mental health and increase resiliency; and

WHEREAS, mental health conditions are real and prevalent in our nation; and

WHEREAS, with effective treatment, those individuals with mental health conditions can recover and lead full, productive lives; and

WHEREAS, each business, school, government agency, health care provider, organization and citizen share the burden of mental health problems and has a responsibility to promote mental wellness and support prevention and treatment efforts.

THEREFORE, I, Mayor, do hereby proclaim May 2021 as Mental Health Month in the City of Stoughton. As the Mayor, I also call upon the citizens, government agencies, public and private institutions, businesses, and schools in Stoughton to commit our community to increasing awareness and understanding of mental health, the steps our citizens can take to protect their mental health, and the need for appropriate and accessible services for all people with mental health conditions.

Signed this 11th day of May 2021 in the City of Stoughton, State of Wisconsin.

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Tim Swadley, Mayor