

Proclamation



WHEREAS, NAMI Broward's Mission is to bring awareness and programs to Broward County in support of a world-class treatment and recovery system for people with mental illness and their families. NAMI Broward works to provide support, education, and advisory to promote better outcomes for people living with mental illness; and

WHEREAS, good MENTAL HEALTH is critical to the well-being of individuals, families, communities, schools, and businesses; and

WHEREAS, mental illnesses are medical illnesses; good healthcare includes mental healthcare. Additionally, the earlier the treatment, the better the outcome; and

WHEREAS, mental illnesses are no one's fault, and are common and treatable. One in five adults will experience a mental illness in any given year. Half of all mental health conditions begin by age 14, and 75% begin by age 24; and

WHEREAS, the depth of the MENTAL HEALTH crisis among children (under age 18) is staggering, the COVID 19 pandemic has only worsened it. In the first half of 2021, children's hospitals reported a 45% increase in the number of cases of self-injury and suicide. This intensified impact of the pandemic on mental health is significant for adults too; and

WHEREAS, half the children and adults living with mental illness never receive life changing treatment. "Stigma" around mental illness often prevents people from seeking treatment. Research shows that the most effective way to combat stigma is through personal contact with someone living with a mental illness; and

WHEREAS, increasing awareness and understanding of MENTAL HEALTH conditions reduce stigma and discrimination that pose barriers to well-being, and also promote appropriate and accessible services for all people with mental health diagnoses; and

WHEREAS, race, gender, age, sexual orientation, identity, language, socioeconomic status, values, and beliefs are among factors which affect how MENTAL HEALTH conditions are perceived and experienced; it is essential for these factors to be part of the conversation on treatment, so that a shared community can be a source of strength and support; and

WHEREAS, many people with mental illnesses make important and valuable contributions to our communities and are able to live meaningful lives; and

WHEREAS, NAMI Broward County, observes the month of May as MENTAL HEALTH AWARENESS MONTH to raise awareness of mental health, to encourage those living with mental illness to seek HELP, and to be uplifted by its message: "YOU ARE NOT ALONE."

NOW, THEREFORE, I, Rex Hardin, Mayor, of the City of Pompano Beach, Florida, on behalf of the City Commission, do hereby proclaim May as Mental Health Awareness Month in the City of Pompano Beach and urge all residents in our community to commit to increasing awareness and understanding of mental illnesses, reducing stigma and discrimination, while promoting and working to provide appropriate and accessible services for all people with mental illnesses.

DONE THIS 9th day of May, 2023.



REX HARDIN
Mayor