

OFFICE OF THE MAYOR
CITY OF
DES PLAINES, ILLINOIS

WHEREAS, *in May, we recognize the importance and impact of mental health on individuals and society; and*

WHEREAS, *mental health includes our emotional, psychological, and social well-being; it affects how we think, feel, and act; it also affects how we handle stress, relate to others, and make choices; and*

WHEREAS, *the state of our mental health is critical to the well-being of our families, communities, schools, and businesses, as mental illness affects everyone either directly or indirectly; and*

WHEREAS, *early identification and treatment can make a difference in the successful management of mental illness and recovery; and*

WHEREAS, *by calling or texting 211, people in Illinois can connect to specialists and learn about resources from health and human service agencies for assistance, 24 hours a day, seven days a week; and*

WHEREAS, *by calling, texting, or chatting 988, a nationwide suicide and crisis lifeline, trained counselors will listen, provide support, and connect those in need to resources if necessary; and*

WHEREAS, *the City of Des Plaines has demonstrated its commitment to individuals with mental health conditions and their families by providing funding grants and on-staff social workers in the City's Health and Human Services Division and Police Department to help promote the health and well-being through information/referral on programs and services available to staff and community members; and*

WHEREAS, *every community member can help end the silence and stigma that for too long has surrounded mental illness and has a responsibility to promote mental wellness.*

Now, therefore, I, ANDREW GOCZKOWSKI, MAYOR OF THE CITY OF DES PLAINES, do hereby proclaim May as

MENTAL HEALTH AWARENESS MONTH

Dated this 1st day of May, 2023



Andrew Goczkowski, Mayor