

Proclamation

Whereas, mental health is part of overall health and well-being and should be treated with the same urgency as physical health; and

Whereas, one in five Americans experience a mental health condition that requires treatment at some point in their lives; and

Whereas, long delays - sometimes decades - often occur between the time symptoms first appear and when individuals get help; and

Whereas, early identification and treatment can make a profound difference in successful management of mental illness and recovery; and

Whereas, loneliness affects at least half of all adults in the United States - that the Surgeon General considers it an urgent public health concern; and

Whereas, social connection can reduce loneliness and better mental health; and

Whereas, we strive to ensure people living with mental health conditions know that they are not alone, that hope exists, and that the possibility of healing and thriving is real; and

Whereas, the City of Manhattan Beach, in partnership with Beach Cities Health District and community partners are working to promote public education and community activities that can reduce stigma, encourage mental health and help improve the lives of individuals and families affected by mental illness through our "Mental Health is Health" campaign.

Now, Therefore, BE IT RESOLVED that I, David Lesser, Mayor of the City of Manhattan Beach, California, on behalf of the City Council and the residents of Manhattan Beach, do hereby proclaim the month of May 2026 as

Mental Health Awareness Month

to increase public understanding of the importance of mental health, and that every citizen and community can make a difference in helping end the silence and stigma that for too long has surrounded mental illness and discouraged people from getting help.

Dated this 5th day of May, 2026.

ATTEST:



City Clerk Liza Tamura



Mayor David Lesser

