

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, everyone experiences times of stress and adversity; and

Whereas, surroundings can impact if, how, and when a person's needs are met, which in turn affects mental health; and

Whereas, having safe, stable, and healthy home conditions set the foundation for achieving and maintaining good mental health; and

Whereas, with early and effective interventions, those individuals with mental health conditions can recover and lead full productive lives; and

Whereas, adverse childhood experiences (ACEs), including physical, emotional and sexual abuse or neglect, household dysfunction, untreated mental illness, untreated substance misuse, separation or incarceration of a household member, and domestic violence are traumatic experiences that can have a profound effect on a child's developing brain and can result in poor physical and mental health through adulthood; and

Whereas, mental wellness leads to higher productivity, better educational outcomes, lower crime, stronger economics, lower healthcare costs, and improved quality of life; and

Whereas, ACEs are felt regardless of age, race, ethnicity, religion, gender, sexual orientation, or socio-economics status; and

Whereas, the City of Manhattan Beach is committed to promoting public education and community activities that can reduce stigma and positive mental wellness, support prevention efforts, and help improve the lives of individuals and families affected by mental illness.

Now, Therefore, Be It Resolved that I, Amy Thomas Howorth, 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 2025 as

Mental Health Awareness Month

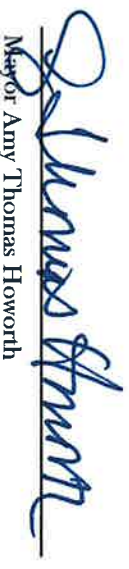
to increase public understanding of the importance of mental health, and that every citizen and community can make a difference in helping end the silence and stigma that for too long has surrounded mental illness and discouraged people from getting help.

Dated this 6th day of May, 2025.

ATTEST:



City Clerk Liza Tamura



Mayor Amy Thomas Howorth

