

Office of the Mayor City of El Mirage

Proclamation

MENTAL HEALTH AWARENESS MAY 2025

WHEREAS, mental health is an essential part of overall well-being, impacting individuals, families, and communities across El Mirage, Arizona;

WHEREAS, one in five American adults experiences a mental health condition each year and everyone faces challenges in life that can impact their mental health;

WHEREAS, despite its prevalence, mental health remains shrouded in stigma, preventing many from seeking help;

WHEREAS, early intervention and access to quality care are crucial for managing mental health conditions and improving quality of life;

WHEREAS, May is recognized nationally as Mental Health Awareness Month, providing an opportunity to raise awareness, combat stigma, and promote mental health resources; and

NOW, THEREFORE, I, Alexis Hermosillo, Mayor of El Mirage, do hereby proclaim May 2025 as Mental Health Month in El Mirage, Arizona.

I encourage all residents of El Mirage to:

• **Educate themselves and others** about mental health conditions, treatment options, and available resources.

• **Challenge stigma** by speaking respectfully and inclusively about mental health.

• **Seek help** if they are struggling with their mental health and encourage others to do the same.

• **Support organizations** that provide mental health services and advocacy.

• **Create safe and supportive environments** for open conversations about mental health.

Together, we can create a community where everyone feels empowered to prioritize their mental well-being and seek help when needed.

IN WITNESS WHEREOF, I have hereunto set my hand and caused the seal of the City of El Mirage to be affixed this 6th day of May 2025.

Alexis Hermosillo, Mayor

