

CITY OF FLAGSTAFF – OFFICE OF THE MAYOR

PROCLAMATION

WHEREAS, mental health is essential to overall well-being; and

WHEREAS, one in four adults and one in five youth ages 13-18 experience mental health challenges; and

WHEREAS, 60 percent of adults and 50 percent of youth do not receive the mental health treatment necessary due to limited knowledge of the need, barriers to care, or stigma, fear, and shame; 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, creating safe, stable, nurturing relationships and environments for all children prevent Adverse Childhood Experiences (ACEs) and help all children reach their full potential, and these relationships and environments are essential to creating positive childhood experiences; and

WHEREAS, isolation, sickness, grief, home instability, change of routines, and community trauma have increased the need for mental health services; and

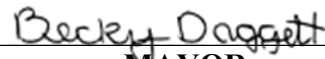
WHEREAS, mental wellness leads to higher productivity, better educational outcomes, lower crime, stronger economies, lower healthcare costs, and improved quality of life; and

WHEREAS in recognition of the importance of mental health and in support of our community members who face mental health challenges we invite residents to join us in the events of Mental Health Matters month, the listing may be found at nahealth.com/philanthropy.

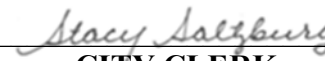
NOW, THEREFORE, I, Mayor Becky Daggett, Mayor of the City of Flagstaff, Arizona do hereby proclaim May 2026

MENTAL HEALTH AWARENESS MONTH

and call upon all City residents, government agencies, public and private institutions, businesses, and schools to recommit our community to increasing awareness and understanding of mental illnesses, reducing stigma, and discrimination and promoting appropriate and accessible services for all individuals.


MAYOR

ATTEST:


CITY CLERK