

# Proclamation

WHEREAS, Mental health is essential to everyone's overall health and well-being; and

WHEREAS, the COVID-19 pandemic, the death of George Floyd and Daunte Wright by the police and the resulting civil unrest have increased the number of people experiencing feelings of anxiety and depression;

WHEREAS, now more than ever, we need to encourage our residents to protect and nurture their mental health and wellbeing by maintaining a healthy work-life balance, reducing stress and creating strong social connections; and,

WHEREAS, it is essential to promote mental well-being and learn to identify early symptoms of mental illness in order to receive appropriate healthcare, safe and healthy housing, economic opportunity and understanding from community members; and

WHEREAS, every community member can make a difference by advocating for mental health awareness education, culturally specific and linguistically appropriate services to end stigma and support individuals and families affected by mental illness; and,

WHEREAS, we all share a responsibility to promote mental wellness and support prevention efforts by simplifying access to care and treatment from the comfort and safety of residents' homes without fear of transmitting or contracting COVID-19. Now, Therefore, Be It.

PROCLAIMED, The Ramsey County Board of Commissioners declares May 2021 as Mental Health Month in Ramsey County; and Be It Further

PROCLAIMED, The Ramsey County Board of Commissioners renews its commitment to increasing community understanding of the importance of mental health and to promote the need for accessible, language appropriate and culturally specific services for all people affected by mental illness.



Toni Carter, Board Chair, District 4



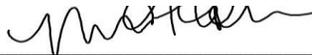
Mary Jo McGuire, Commissioner, District 2



Jim McDonough, Commissioner, District 6



Victoria Reinhardt, Commissioner, District 7



Nicole Frethem, Commissioner, District 1



Trista MatasCastillo, Commissioner, District 3



Rafael E. Ortega, Commissioner, District 5



Ryan T. O'Connor, County Manager