



Proclamation

Of the Mayor

Of the City of Los Altos, California

WHEREAS, Mental Health Awareness Month has been observed in the United States since 1949; and

WHEREAS, Tens of millions of Americans face the reality of living with a mental health condition. Two in five adults report anxiety and depression, and two in five teens describe experiencing persistent sadness or hopelessness, exacerbated by social media, bullying, and gun violence; and

WHEREAS, Drug overdose deaths are also near record highs, and suicide is the second leading cause of death among young people; and

WHEREAS, Mental health is health; it affects everyone, regardless of race, gender, politics, or income; and

WHEREAS, Treatment works, and there is no shame in seeking it; and

WHEREAS, If you are facing a crisis, dial 988 to reach the National Suicide and Crisis Lifeline, anyone who needs it can receive life-saving confidential help right away; and

WHEREAS, If someone you know is going through a tough time, reach out and tell them you are there for them. Together, we will keep fighting to get everyone access to the care they need to live full and happy lives;

NOW THEREFORE, I, Sally Meadows, Mayor of the City of Los Altos, and on behalf of the Los Altos City Council, do hereby proclaim May 2023 to be

Mental Health Awareness Month

IN WITNESS WHEREOF, I have hereunto set my hand and affixed the seal of the City of Los Altos this 23rd day of May 2023.



Sally Meadows, MAYOR