

# MENTAL HEALTH MONTH 2018

**Whereas**, mental health is essential to everyone's overall health and well-being; and

**Whereas**, mental illnesses are real and prevalent in our nation, and half of us will have a mental health diagnosis at some point in our lives; and

**Whereas**, all Americans experience times of difficulty and stress in their lives, and should feel comfortable in seeking help and support to manage these times; and

**Whereas**, engaging in prevention, early identification, and early intervention are as effective ways to reduce the burden of mental illnesses as they are to reduce the burden of other chronic conditions; and

**Whereas**, each business, school, government agency, healthcare provider, organization and citizen has a responsibility to promote mental health and well-being for all.

Therefore, I, Don Keil, Mayor of the City of Seguin, **hereby proclaim May 2018 as "Mental Health Month" throughout the City of Seguin**, and call upon the citizens, government agencies, public and private institutions, businesses and schools in Seguin to recommit our community to increasing awareness and understanding of mental health, the steps our citizens can take to protect their mental health, and the need for appropriate and accessible services for all people with mental illnesses at all stages, and especially before stage 4.

**Presented this 15th day of May 2018;**



**It's real.**

  
Don Keil, Mayor

  
Naomi Manski, City Secretary

