

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

WHEREAS, all Americans experience times of difficulty and stress in their lives; and

WHEREAS, prevention is an effective way to reduce the burden of mental health conditions; and

WHEREAS, mental health conditions are real and prevalent in our nation; and

WHEREAS, with effective treatment, those individuals with mental health and other chronic health conditions can recover and lead full, productive lives; and

WHEREAS, I encourage each business, school, government agency, healthcare provider, organization, and citizen of Carrollton to promote mental wellness and support prevention efforts.

NOW, THEREFORE, I, John G. Sutter, Mayor Pro Tem of the City of Carrollton do hereby proclaim the month of May, as **MENTAL HEALTH AWARENESS MONTH** in this city.

IN WITNESS WHEREOF, I have hereunto set my hand and caused the Seal of the City of Carrollton, Texas to be affixed this 21st day of May 2019.

A handwritten signature in black ink, appearing to read "John G. Sutter", written over a horizontal line.

John G. Sutter, Mayor Pro Tem