

**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 21<sup>st</sup> 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