



PROCLAMATION

WHEREAS, mental health is just as important as physical health, and everyone deserves access to the support they need to heal, grow, and thrive; and

WHEREAS, life is full of challenges, and as teens, we experience stress, anxiety, struggles in school, at home, and in our social lives; and

WHEREAS, one in four teens will experience a mental health challenge, yet many do not seek help due to stigma, fear, or lack of resources; and

WHEREAS, trauma, including bullying, loss, family struggles, discrimination, substance use, and violence affect many of us and can impact how we feel, think, and succeed in life; and

WHEREAS, healing from trauma and prioritizing mental health requires strong support systems; including friends, family, schools, and communities that understand and uplift us; and

WHEREAS, talking about mental health openly, learning coping skills, and reaching out for professional help when needed can make a difference in our well-being and future; and

WHEREAS, our communities, schools, and organizations must continue working together to create safe spaces where every teen feels valued, supported, and heard; and

WHEREAS, we recognize that youth leadership and advocacy are key to changing the way mental health is understood, ensuring all teens have the resources to navigate challenges and heal from past experiences; and

WHEREAS, we, the teens of Delray Beach, stand together to break the stigma around mental health and to promote trauma-informed care that acknowledges our experiences and helps us build resilience; and

NOW, THEREFORE, I, THOMAS F. CARNEY, JR., Mayor of the City of Delray Beach, Florida, on behalf of the City Commission, do hereby proclaim the Month of May 2026 as:

TEENS MENTAL HEALTH & TRAUMA-INFORMED CARE AWARENESS MONTH

in the City of Delray Beach. We call upon all teens to check in with their friends and seek help from a trusted adult when needed. We call upon all families to create open and supportive conversations about mental health. We call upon all schools to provide resources and safe spaces for students. We call upon all communities to promote awareness and accessibility to mental health services. We call upon all places of faith to offer compassion and support to those struggling.

IN WITNESS WHEREOF, I have hereunto set my hand and caused the Official Seal of the City of Delray Beach, Florida, to be affixed this 19th day of May 2026.

Thomas F. Carney, Jr.
Mayor