



## Cover Memorandum/Staff Report

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**File #:** 21-447

**Agenda Date:** 5/4/2021

**Item #:** 6.1.3.

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**TO:** Mayor and Commissioners  
**FROM:** Katerri Johnson, City Clerk's Department  
**THROUGH:** Jennifer Alvarez, Interim City Manager  
**DATE:** May 4, 2021

MAY 2021 MENTAL HEALTH AWARENESS AND TRAUMA INFORMED CARE MONTH

**Recommended Action:**

Proclamation to recognize May 2021 as Mental Health Awareness and Trauma Informed Care Month.

**Background:**

National Mental Health Month raises awareness about mental illness and related issues in the United States. In recent times, attitudes towards mental health issues appear to be changing. Negative attitudes and stigma associated with mental health have reduced, and there has been growing acceptance towards mental health issues and support for people with them. Despite this shift in attitude, the idea of a mental health awareness campaign is not a recent one. In the late 1940's, the first National Mental Health Awareness Week was launched in the United States. During the 1960's, this annual, weekly campaign was upgraded to a monthly one, with May being the designated month.

During this month, National Health America, the main organization which sponsors this event, runs a number of activities which are often based on a theme. The COVID-19 pandemic has had a profound impact on the mental health of people of all ages. Now, more than ever, it is critical to reduce the stigma around mental health struggles, because that stigma often prevents individuals from seeking help. This year the theme is tied to the content Tools 2 Thrive, providing practical tools that everyone can use to improve their mental health and increase their resiliency regardless of their personal situation.

**Timing of Request:**

May is the month this recognition is acknowledged worldwide.