



Proclamation

DECLARING MAY 2020 AS MENTAL HEALTH MONTH

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,

There is strong research that animal companionship, humor, spirituality, religion, recreation, social connections, and work-life balance can help all Americans protect their health and well-being; 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,

Each business, school, government agency, healthcare provider, organization and citizen shape the burden of mental health problems and have a responsibility to promote mental health wellness and support prevention efforts.

**NOW, THEREFORE BE IT RESOLVED that the County of Ouray
proclaims May 2020 as
"MENTAL HEALTH MONTH"**

And calls upon the citizens, government agencies, public and private institutions, business and schools in Ouray County 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 health conditions.

Adopted this 19th day of May, 2020.

ATTEST:

BOARD OF COUNTY COMMISSIONERS
OF OURAY COUNTY, COLORADO

Don Batchelder, Chair

Ben Tisdell, Vice-Chair

John E. Peters, Commissioner Member

Michelle Nauer, County Clerk and Recorder
By: Hannah Hollenbeck, Deputy Clerk of the Board

