

Office of the Mayor  
City of High Point  
North Carolina  
**Proclamation...**

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

**WHEREAS,** everyone experiences times of difficulty and stress throughout their lives, and one in five adults struggles to address a mental health issue in any given year; and

**WHEREAS,** people with mental illnesses make important contributions to their families and our communities; and

**WHEREAS,** by shedding a light on mental health, we become stronger versions of ourselves, break negative stigma, and help people in and around High Point who are still struggling; and

**WHEREAS,** Mental Health Awareness Month, established in 1949 by the organization known today as Mental Health America, has contributed to greater understanding, openness, treatment, and prevention of mental health issues; and

**WHEREAS,** the observance of Mental Health Awareness Month aims to raise awareness regarding the trauma and societal impact that mental illness can have on the physical, emotional, and mental well-being of children, families, and communities as a whole; and

**WHEREAS,** the City of High Point is proud to support initiatives that may create a more compassionate community in which all residents are respected and recognized for their contributions and potential contributions.

**NOW, THEREFORE,** I, Cyril Jefferson, Mayor of High Point, do hereby proclaim the month of May 2024 as:

**MENTAL HEALTH AWARENESS MONTH**

and encourage all residents to observe this month by raising awareness and lending support to one another in the hope that anyone affected by mental health issues can get the support they need to live happy, fulfilling lives.

**IN WITNESS WHEREOF, I have hereunto set my hand and caused to be affixed the Seal of the City of High Point, North Carolina this 6<sup>th</sup> day of May 2024.**

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**Cyril Jefferson, Mayor**