



## CITY OF BOSTON IN CITY COUNCIL

### RESOLUTION RECOGNIZING JUNE AS MEN'S MENTAL HEALTH AWARENESS MONTH IN THE CITY OF BOSTON

**WHEREAS,** Mental health is increasingly recognized as being as important as physical ailments, and therefore, should be treated as such. Addressing mental health issues is part of the path forward to creating the healthiest possible community; *and*

**WHEREAS,** While everyone is at risk of mental health problems, statistics show men disproportionately suffer in silence. According to the Anxiety and Depression Association of America, about 10% of all men experience some form of depression, but less than half seek treatment; *and*

**WHEREAS,** Men face many challenges regarding mental health. There is a distinctly detrimental stigma surrounding how men “should” behave, feel, and communicate. This often leads men to not seek the help they deserve; *and*

**WHEREAS,** These problems contribute to, and are exacerbated by other problems that our community faces such as violence and poverty. Mental health is intertwined with these larger issues; *and*

**WHEREAS,** Often, heavy male-dominated occupations have negative effects on mental health. Given that 91% of veterans are men, PTSD and other military-related problems are a significant cause, for example.

**WHEREAS,** Boston has a number of amazing organizations offering pivotal mental health resources such as the Roslindale Medical & Dental Center, Mattapan Community Health Center, The Home for Little Wonderers, Dee Dee’s Cry, Codeman Square Health Center, Men’s Hello House, and many more; *and*

**WHEREAS,** We should foster a culture that listens to and supports men when at their most vulnerable. Resources and time must be dedicated to solving this issue, as the health of our community depends on it; *and*

**NOW, THEREFORE BE IT ORDERED:**

That the Boston City Council recognizes June as Men’s Mental Health Awareness Month, and urges prompt action in the passage of this legislation.