

**OFFERED BY COUNCILORS JOHN FITZGERALD, SHARON DURKAN, JULIA MEJIA,  
BREADON, COLETTA, FERNANDES ANDERSON, FLYNN, MURPHY, SANTANA, WEBER,  
WORRELL, AND LOUIJEUNE**



## **CITY OF BOSTON IN CITY COUNCIL**

### **RESOLUTION RECOGNIZING MAY AS MENTAL HEALTH AWARENESS MONTH**

**WHEREAS:** Since 1949, May has been recognized as “Mental Health Awareness Month” by Mental Health America, in order to spread awareness, fight negative stigmas and advocate for policies expanding mental health resources; and

**WHEREAS:** Millions of Americans will be affected by mental health concerns at some point in their lifetime, with the disease not discriminating based off one's gender, age, race, religion or economic status; and

**WHEREAS:** Since the COVID-19 pandemic, we have seen a troubling rise in depression and suicidal thoughts and behaviors, especially amongst younger generations with the CDC observing a 40% increase in feelings of hopelessness ; and

**WHEREAS:** Many who suffer from mental health concerns do not seek treatment for their illness due to a combination of the stigma associated with mental health, an unawareness of resources or the financial burdens towards receiving professional treatment; and

**WHEREAS:** By celebrating Mental Health Month, the Boston City Council can help spread awareness of mental health resources, reduce the stigma and advocating for policies that reduce the burden for mental health care access; **THEREFORE BE IT**

**ORDERED:** That the Boston City Council recognize the month of May 2024 as “Mental Health Awareness Month” and encourage all citizens and institutions across this city to seriously address the rising mental health crisis by reducing the stigma, and connecting those suffering with mental health resources.

Filed in City Council: April 22, 2024