

PROCLAMATION

City of Monrovia

WHEREAS, mental health is essential to everyone's overall health and wellness; and

WHEREAS, all Monroviaans experience times of difficulty, stress, anxiety, personal loss, and challenge during their lifetimes; and

WHEREAS, the stress and worry over the health and safety of family and friends, forced isolation, and financial distress can all result in anxiety, depression, substance misuse and abuse, and, tragically, even suicide; and

WHEREAS, the lack of mental health awareness, resources and tools leads to devastating impacts on the wellness of individuals and communities; and

WHEREAS, mental illness can affect anyone and can develop at any time, its effects spreading well beyond the individual to family, friends, and coworkers; and

WHEREAS, it is up to all of us to know the signs of mental health issues and lend a hand to those who are struggling; to make sure they know that asking for help is not a sign of weakness - it is a sign of strength; and

WHEREAS, every business, school, government agency, healthcare provider, church, organization, and citizen shares the burden of addressing our overall community mental health.

NOW, THEREFORE, I, Becky Shevlin, Mayor of the City of Monrovia, along with the entire City Council, do hereby proclaim the month of May 2026 as;

"Mental Health Awareness Month"

and encourage the community to fight the stigmas surrounding mental illness and empower those affected by emotional distress and their loved ones to seek care.

~ Dated this 5th day of May, 2026 ~



Becky Shevlin
MAYOR

