

CITY OF COLLEGE PARK
Mental Health Awareness Month
May 2025

WHEREAS, May is Mental Health Awareness Month. In 1949, Mental Health Month was set up in order to raise awareness about different aspects of mental health; and

WHEREAS, mental health is an essential part of overall well-being of all Americans; and

WHEREAS, it is important to raise awareness and understanding of mental health conditions; and

WHEREAS, Mental health can't wait. Taking action for your personal mental well-being, whether by setting boundaries, reaching out for support, or practicing self-care can make a lasting difference. This Mental Health Month, prioritize yourself and explore the resources that can help you build resilience, manage challenges, and thrive; and

WHEREAS, For Mental Health Awareness Month 2025, Mental Health America's theme is "Turn Awareness into Action," encouraging individuals and communities to move beyond understanding and take meaningful steps to improve mental health and well-being; and

WHEREAS, the City of College Park provides mental health support to its residents by providing clinical counseling and case management services from the Youth, Family and Senior Services Department, by contracting with Care Solace, a mental health concierge service available to any resident 24 hours a day/7 days per week, and by promoting vital resources such as the nationwide 988 suicide and crisis assistance hotline; and

NOW, THEREFORE, BE IT PROCLAIMED by the Mayor and Council of the City of College Park, Maryland that the month of May 2025, as Mental Health Awareness Month in College Park, MD urging all citizens to join in promoting mental health awareness, reducing stigma and supporting those in need.

PROCLAIMED this 15th **day of** April **, 2025.**

Fazlul Kabir, Mayor
City of College Park