

PROCLAMATION

WHEREAS, mental health is essential to everyone's overall health and well-being, and addressing the mental health needs of children, youth, adults, seniors, and families is fundamental to having a healthy community; and

WHEREAS, all people experience times of difficulty and stress in their lives and, with the prevalence of mental health conditions in our nation, it is important for all members of the community to know that specific tools exist which can be used to better handle challenges and protect one's health and wellbeing; and

WHEREAS, prevention is an effective way to reduce the burden of mental health conditions and, with early and effective treatment, individuals with mental health conditions can recover and lead full, productive lives; and

WHEREAS, NAMI Broward's Mission is to enhance awareness and provide programs in Broward County that support a world-class system for the treatment and recovery of individuals facing mental health challenges. NAMI Broward delivers support, education, and advocacy to nurture better understanding, coping strategies, and positive outcomes for people and their families navigating the complexities of mental health, and wants to inspire those living with mental health challenges to seek support and to be uplifted by their message: "YOU ARE NOT ALONE".

WHEREAS, individuals experiencing mental health challenges are capable of leading meaningful lives and contributing significantly to society. Communities aid those with mental health challenges by ensuring access to quality care and appropriate support, and if treated early, people with mental health conditions are more likely to recover and lead fulfilling lives. When we break our silence and speak our truths, we create space for healing — for ourselves and for others.

NOW, THEREFORE, the City Commission of the City of Oakland Park, Florida, by virtue of the authority vested in it by the Charter, does hereby authorize Mayor Steven R. Arnst to proclaim the month of May 2026 as

Mental Health Awareness Month

in the City of Oakland Park, and call upon our community to promote awareness and understanding of mental wellness and to stand by those with mental health challenges to remind them they are never alone.

IN WITNESS WHEREOF, I have hereunto set my hand and caused the Seal of the City of Oakland Park, Florida, to be affixed this 6th day of May 2026.

By: _____
STEVEN R. ARNST, MAYOR

ATTEST: _____
RENEE M. SHROUT, CMC, CITY CLERK