

WHEREAS, since 1949, May has been recognized nationally as Mental Health Awareness Month, a time to acknowledge the importance of mental well-being, raise awareness of mental health conditions, and promote strategies that support emotional resilience and mental wellness; and

WHEREAS, the City of Pomona reaffirms its commitment to making positive changes to ensure that every individual has access to the care and support needed to thrive—emotionally, physically, and mentally; and

WHEREAS, mental health challenges are often exacerbated by obstacles such as stigma, lack of understanding, limited support systems, and restricted access to affordable mental health services, all of which create significant barriers to care; and

WHEREAS, thanks to the solidarity of community members and our valued partners, Pomona has made meaningful progress in removing these barriers and expanding access to essential mental health services that are critical for a full, productive, and healthy life; and

WHEREAS, this month serves not only to raise awareness but to celebrate the courage, resilience, and determination of those living with mental illness, as well as to honor the dedicated mental health professionals who work tirelessly to provide compassionate, life-affirming support every day; and

WHEREAS, it is our shared responsibility to continue working together to end the stigma associated with mental illness, to uplift those reaching out for help, and to ensure equitable access to mental health resources for all Pomona residents;

NOW, THEREFORE, the City Council of the City of Pomona does hereby proclaim May 2025 as:

“MENTAL HEALTH AWARENESS MONTH”

Dated this 19th day of May 2025

We encourage all residents to support mental wellness initiatives, participate in awareness activities, and advocate for continued progress in mental health care and education. Let us stand united in support of mental health for all.