



Hope for the Day's Proactive Mental Health Awareness Proclamation

February 26, 2024

Whereas, the Proactive Mental Health Awareness Proclamation was created to raise the visibility of mental health education and resources in our community. We also want to help start the conversation, destigmatize it, and help connect people with the proper support services; and

Whereas, according to the American Foundation for Suicide Prevention (A.F.S.P.), there are 130 deaths by suicide per day. Out of the people surveyed, 55% said they are embarrassed and don't know where to get help. However, 67% of individuals felt that education can help in practice prevention; and

Whereas, two in three people surveyed by the A.F.S.P. said that COVID has made them more empathic. It has also made half of the individuals more open to talking about their mental health. Overall, 81% of those surveyed said that now is the most critical time to have these conversations to make suicide prevention a priority.

Whereas, the City of DeKalb publicly places its full support behind those who work in the field of mental health, education, and law enforcement; and

Whereas, global organizations like Hope for the Day and our local mental health providers serve on the front lines of a war that is still surrounded by stigma; and

Whereas, the City of DeKalb encourages all residents to take the time to understand mental health through education and recognized that we need to take care of ourselves while we take care of each other.

Now, Therefore, be it resolved, that I, Cohen Barnes, Mayor, do hereby proclaim February 26, 2024, as Proactive Mental Health Awareness Day in the City of DeKalb, Illinois.



IN WITNESS THEREOF, I have set my hand and caused the Seal of the City of DeKalb to be affixed this 26th day of February 2024.

Cohen Barnes, Mayor