

PROCLAMATION

MENTAL HEALTH AWARENESS MONTH

MAY 2026

WHEREAS, Mental Health Awareness Month is observed each May to raise awareness, reduce stigma, and promote access to care for individuals experiencing mental health challenges; and

WHEREAS, the 2026 national theme from Mental Health America, "More Good Days, Together," emphasizes the importance of connection, community support, and shared responsibility in improving mental well-being; and

WHEREAS, National Alliance on Mental Illness (NAMI) calls on communities to turn "silence into connection," reinforcing that no one should face mental health challenges alone; and

WHEREAS, Maternal Mental Health Awareness highlights the mental health needs of individuals during pregnancy and the postpartum period, recognizing that up to 1 in 5 women nationally experience a maternal mental health disorder, and many do not receive treatment; and

WHEREAS, in Cook County and across Illinois, maternal mental health conditions are among the most common complications of pregnancy and the postpartum period, with disparities in access to screening, diagnosis, and treatment impacting communities of color at disproportionately higher rates; and

WHEREAS, mental health is a critical component of overall health, affecting individuals, families, and the broader community, and access to compassionate, culturally responsive care remains essential; and

WHEREAS, the Village of Oak Park is committed to fostering a supportive and inclusive community where residents can access resources, engage in open conversations, and support one another's well-being; and

WHEREAS, local organizations, healthcare providers, and community partners continue to advance mental health awareness through outreach, services, and community-based initiatives, including efforts focused on maternal wellness and early childhood development; and

WHEREAS, these efforts reflect a shared commitment to ensuring that all individuals experiencing mental health challenges are treated with dignity, respect, and access to care;

NOW, THEREFORE, I, Vicki Scaman, President of the Village of Oak Park, and the Board of Trustees do hereby proclaim May 2026 as **MENTAL HEALTH AWARENESS MONTH** and encourage all residents to foster connection, engage in community activities, support awareness efforts such check in on friends, family, and colleagues, and help create a community where more good days are possible for all.

DATED this 5th day of May 2026.

Vicki Scaman, Village President

ATTEST

Christina M. Waters, Village Clerk