



Thomas P. McNamara
Mayor

PROCLAMATION

WHEREAS, *the City of Rockford takes pride in recognizing Mental Health Awareness Month, which offers the opportunity to increase understanding, reduce misconceptions and stigmas, and encourage those struggling to seek help and support; and*

WHEREAS, *mental health is a fundamental aspect of overall health and wellbeing; and*

WHEREAS, *mental illness can affect people of all ages, cultures, and socioeconomic backgrounds, and may be further influenced by systemic barriers and social inequities, including racism, poverty, homelessness, and discrimination; and*

WHEREAS, *the City of Rockford has numerous mental health programs and initiatives, many funded through voter approved half-cent sales tax through the Winnebago County Community Mental Health Board, offering education, prevention, early intervention, intervention and crisis services; and*

WHEREAS, *there is a strong body of research that supports specific tools that anyone can use to better handle challenges, and protect their mental health and well-being; and*

WHEREAS, *with early and effective treatment, those individuals with mental health conditions can recover and lead full, productive lives; and*

WHEREAS, *each business, school, government agency, healthcare provider, organization, and citizen share the burden of mental health problems and has a responsibility to promote mental wellness and support prevention efforts;*

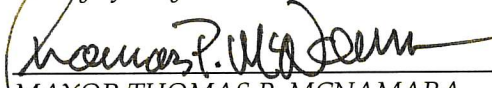
NOW, THEREFORE, I, THOMAS P. MCNAMARA, as Mayor of the city of Rockford do hereby proclaim the month of May 2026 to be:

"MENTAL HEALTH AWARENESS MONTH"

in Rockford, Illinois and encourage all citizens to support efforts that promote mental health wellness, increase awareness, and ensure access to resources for those experiencing mental health challenges.



IN WITNESS WHEREOF, I have hereunto set my hand and caused the seal of the city of Rockford to be affixed this 4th day of May 2026.


MAYOR THOMAS P. MCNAMARA
CITY OF ROCKFORD