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## 403-2023

Proclamation

### Proclaim May 2023 to be Mental Health Awareness Month

Placed on File

Whereas, the City takes pride in joining Americans throughout the country in recognizing May 2023 as Mental Health Awareness Month; and

Whereas, the City affirms that Mental Health Awareness Month promotes awareness of the importance of tending to our mental health as it is essential and acknowledges that those living with mental health disabilities are deserving of care, understanding, compassion, and pathways to hope, healing, recovery, fulfillment, and inclusivity; and

Whereas, the City acknowledges the continuing need to dismantle systems of oppression for members of our workforce and communities that experience discrimination or barriers for accessing mental health services; and

Whereas, the City commits to establishing an ongoing dialogue with advocates, community organizations, and government entities with the intention of taking collective action toward supporting a healthy society; and

Whereas, the City supports mental health awareness as an opportunity to inspire and embolden meaningful action within our organization to reinforce the health and safety of the greater Portland community; and

Whereas, speaking openly about mental health can reduce the misconceptions and stigma, and can encourage those who are suffering to seek help and find a support network; and

Whereas, the City provides an inclusive and equitable work environment ultimately playing an integral role in fostering a psychologically healthy workplace and supporting the mental well-being of employees. Recognizing that experiences of interpersonal and organizational inequity and discrimination are highly connected to stress and a decline in mental wellness; and

Introduced by

[Mayor Ted Wheeler](#)

Contact

**Tyesha McCool-Riley**  
Mental Health Program  
Specialist

✉ [Tyesha.McCool-Riley@portlandoregon.gov](mailto:Tyesha.McCool-Riley@portlandoregon.gov)

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**Requested Agenda Type**

Time Certain

**Date and Time Information**

**Requested Council Date**

May 24, 2023

**Requested Start Time**

10:25 am

**Time Requested**

20 minutes

Whereas, promoting a psychologically healthy culture is a priority through training and building leader skill sets that support mental health and positive relationships and equipping workers to manage daily stress and handle the inevitable challenges that affect their mental wellbeing; and

Whereas, increased awareness and understanding, support, tools, resources, and capacity building help to build a healthy foundation from which the City workforce can build upon to strengthen our selves, build resilience, and collectively cope and heal from past adversity and be better equipped to manage future adversities; and

Whereas, we recognize the importance of providing employees with a voice to be able to identify their needs and express how they would like to be supported. Creating space to foster a sense of well-being that is felt through promoting feelings of being a part of an environment that recognizes and values employees. Contributing to breaking down barriers and enabling employees access to various learning and development opportunities focused on collective healing and holistic wellbeing from varying perspectives; to ensure inclusion and a person-centered approach to elevating mental wellness.

Now, therefore, I, Ted Wheeler, Mayor of the City of Portland, Oregon, the "City of Roses," do hereby proclaim May 2023, to be

Mental Health Awareness Month

in Portland and encourage all residents to observe this month.

## Documents and Exhibits

 [Proclamation](https://www.portland.gov/sites/default/files/council-documents/2023/mental-health-awareness-month-proclamation-2023_0.pdf) ([https://www.portland.gov/sites/default/files/council-documents/2023/mental-health-awareness-month-proclamation-2023\\_0.pdf](https://www.portland.gov/sites/default/files/council-documents/2023/mental-health-awareness-month-proclamation-2023_0.pdf)) 127.17 KB

## Agenda Items

403 Time Certain in [May 24, 2023 Council Agenda](https://www.portland.gov/council/agenda/2023/5/24) (<https://www.portland.gov/council/agenda/2023/5/24>)

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# Whereas

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*Whereas,* the City supports mental health awareness as an opportunity to inspire and embolden meaningful action within our organization to reinforce the health and safety of the greater Portland community; and

*Whereas,* speaking openly about mental health can reduce the misconceptions and stigma, and can encourage those who are suffering to seek help and find a support network; and

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*Whereas,* promoting a psychologically healthy culture is a priority through training and building leader skill sets that support mental health and positive relationships and equipping workers to manage daily stress and handle the inevitable challenges that affect their mental wellbeing; and

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