

Whereas

Whereas, the City of Portland takes pride in joining Americans throughout the country in recognizing May 2021 as Mental Health Month; and

Whereas, the City of Portland affirms that taking care of one's mental health is as equally important as taking care of one's physical health. Mental Health month reminds us of the importance of our mental health, reflecting on the positive changes we would like in our lives, and implementing new ways of being in the world; and

Whereas, the City of Portland uplifts the necessity for operating from a person-centered lens that acknowledges the humanness of each individual whether on staff or in the community as beings made up of many different identities to include gender, ethnicity mentally, spiritually, professionally, culturally, emotionally who are deserving of dignity and respect; and

Whereas, the City of Portland should empower staff through creating a balance between personal and professional life; promoting the centering of mental wellness; while also cultivating the creation of safe, supportive, destigmatized and inclusive spaces for people who experience mental health disabilities; and

Whereas, the City of Portland recognizes the prevalence of individuals experiencing mental health disabilities and how those experiences impact a person's thinking, feeling, relationships, perception, and behavior and/or mood; and

Whereas, the City of Portland commits to prioritizing the need for implementing trauma-informed approaches into our practices, policies, procedures, and processes to acknowledge the experience of trauma others have endured while also seeking to operate in a way that does not re-traumatize individuals; and

Whereas, the City of Portland encourages staff and community to refuel ourselves through utilizing tools, education, and resources offered to enable us to practice self-care and center mental wellness; and

Whereas, the City of Portland recognizes mental health is essential to everyone's overall health and well-being, and commits to promoting mental health awareness; and

Whereas, the City of Portland acknowledges that all Americans face challenges in life that can impact their mental health regardless of whether those challenges are evident, especially during a global pandemic; and

Whereas, the City of Portland offers prevention alternatives as effective ways to reduce the burden of mental health disabilities; and

Whereas

Whereas, the City of Portland provides practical tools and resources that all people can use to improve their mental health and increase resiliency; and

Whereas, the City of Portland understands mental health disabilities are real and prevalent in our nation and our City and is committed to continued learning and support; and

Whereas, the City of Portland regards effective treatment and support as critical for those experiencing mental health disabilities or conditions so they can recover and lead full, productive lives; and

Whereas, the City of Portland accepts responsibility to promote mental well-being, support prevention, and treatment efforts.

Now, therefore, I, Ted Wheeler, Mayor of the City of Portland, Oregon, the “City of Roses,” do hereby proclaim May 2021 to be

Mental Health Month

In Portland and encourage all residents to observe this day.

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Proclaim May 2021 to be Mental Health Month
(Proclamation introduced by Mayor Wheeler)

Filed April 27, 2021

MARY HULL CABALLERO
Auditor of the City of Portland

By *Megan Lehman*
Deputy

Commissioners voted as follows (Yea or Nay)

Rubio -
Ryan -
Hardesty -
Mapps -
Wheeler -