

City of South Gate



From the Honorable
Mayor

PROCLAMATION

Declaring May 2021 as Wellness and Mental Health Awareness Month

WHEREAS, the current Coronavirus Disease 2019 pandemic resulted in a negative impact by unbalancing the physical, occupational, social, emotional, intellectual, environmental and financial wellness of our community;

WHEREAS, talented and hardworking individuals in our community are the most indispensable for many businesses that support our economy, while others have been kept from working for their own safety and have been held back from the satisfaction of using their talents to earn a living;

WHEREAS, many of the same workers who are immigrants have braved COVID-19 risks to continue to provide services for consumers, patients and clients;

WHEREAS, the COVID-19 quarantine has isolated the single parent households, LGBTQX population, some of the poorest families, and our community at large; highlighting the need to be more inclusive of these populations and especially the households with our military veterans and elderly populations;

WHEREAS, the physical isolation, lack of earnings, increasing debt and the sense of uncertainty may cause anxiety, depression and other emotional hardships, stress, worry and maybe even result in questioning their own meaning and purpose in life;

WHEREAS, wellness requires self-care, planning and implementing activities to recover and improve the quality of our lives and longevity to live a balanced life and continue to pursue and achieve happiness; and

WHEREAS, the City Council encourages its residents to evaluate their areas of wellness in order to identify areas of need and their innate strengths, to access community resources, collaborate as volunteers, and support each other as neighbors, in order to regain balance in their lives.

NOW, THEREFORE, be it proclaimed on this 11th day of May 2021, that **I, Al Rios, Mayor of the City of South Gate,** on behalf of the City Council and citizens, do hereby proclaim May 2021, as Wellness and Mental Health Awareness Month, and call upon residents, government agencies, public and private institutions, businesses and schools to increase their awareness and understanding of the various types of issues impacting wellness and mental health.

/s/

Mayor Al Rios