

PROCLAMATION

WHEREAS, Mental Health Awareness Month has been observed in the United States since 1949; and,

WHEREAS, NAMI's 2026 Mental Health Awareness Campaign is "Turning Silence into Connection" and encourages breaking the stigma around mental health by sharing stories, fostering community, and moving from isolation to healing together; and,

WHEREAS, Mental Health Awareness Month is recognized in Downers Grove to enhance local awareness of mental health issues, start discussions, fuel connections and understanding, and highlight the many resources available to those navigating their own mental health path in our community; and,

WHEREAS, everyday millions of people face stigma related to mental health and may feel isolated and alone; and,

WHEREAS, two out of every five people report symptoms of anxiety or depression and even more people care for someone who is experiencing symptoms; and,

WHEREAS, healing begins in the community by sharing your story to help break the silence and to be the reason that someone realizes they don't have to face their struggles alone; and,

WHEREAS, creating a community where everyone feels comfortable reaching out for the support they deserve is crucial to ending the stigma around mental health; and,

WHEREAS, promoting mental health and wellness leads to higher overall productivity, better educational outcomes, lower crime rates, stronger economies and improved quality of life; and,

WHEREAS, the Village of Downers Grove, its Village Council, and Boards & Commissions wish to fulfill their responsibility in promoting mental wellness; and,

WHEREAS, assistance is available 24 hours a day, 7 days a week through:

- * Suicide and Crisis Lifeline – call or text 988
- * DuPage Crisis Services – (630) 627-1700

NOW, THEREFORE, I, Robert T. Barnett, Mayor of the Village of Downers Grove, do hereby proclaim May 2026 as Mental Health Awareness Month in the Village of Downers Grove to enhance community awareness of mental health and let all residents know mental health matters and you matter here in Downers Grove.

Dated this 5th day of May 2026, at Downers Grove, Illinois.



Mayor