



**State of Minnesota  
City of Oakdale  
Proclamation**

**WHEREAS**, mental health is an essential component of overall well-being, shaping our thoughts, feelings, and behaviors, and influencing our ability to cope with life's challenges, build meaningful relationships, and pursue our goals and dreams; and

**WHEREAS**, Mental Health Awareness Month provides an opportunity to raise awareness, promote understanding, and reduce stigma surrounding mental illness, encouraging open dialogue, compassion, and support for individuals living with mental health conditions and their families; and

**WHEREAS**, mental health affects people of all ages, backgrounds, and walks of life, and addressing mental health needs is essential for fostering resilience, promoting recovery, and improving the quality of life for individuals, families, and communities; and


**WHEREAS**, Mental Health Awareness Month highlights the importance of access to mental health care and support services, advocating for equitable access to treatment, resources, and interventions that address the diverse needs of individuals experiencing mental health challenges; and

**WHEREAS**, Mental Health Awareness Month celebrates the resilience and strength of individuals living with mental illness, recognizing their courage, determination, and achievements in overcoming obstacles, seeking help, and embracing hope and healing; and

**WHEREAS**, Mental Health Awareness Month serves as a call to action for individuals, communities, and policymakers to prioritize mental health and well-being, invest in prevention, early intervention, and support services, and work together to create a more inclusive, compassionate, and supportive society.

**THEREFORE, I**, Kevin Zabel, Mayor of Oakdale, Minnesota, do hereby proclaim May, 2025 as "Mental Health Awareness Month" in the City of Oakdale.

**IN WITNESS THEREOF:** I have hereunto set my hand and caused the seal of the City of Oakdale to be affixed on this 13<sup>th</sup> day of May, 2025.

  
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Kevin Zabel, Mayor