

Proclamation

Office of the Mayor

National Depression and Mental Health Screening Month

Whereas, depression is a common but serious mental health condition that can affect a person's thoughts, emotions, physical health, relationships, and ability to carry out everyday activities; and

Whereas, mental health is an essential component of overall health and well-being, and mental health conditions can affect individuals of every age, background, and walk of life; and

Whereas, depression and other mental health conditions are treatable, and early identification, appropriate screening, treatment, and ongoing support can help individuals improve their quality of life and achieve recovery; and

Whereas, mental health screenings can help identify signs and symptoms of depression and other mental health concerns, encourage individuals to seek professional assistance, and connect those in need with appropriate resources and support; and

Whereas, reducing the stigma surrounding mental health and encouraging open, compassionate conversations can help create communities where individuals feel comfortable seeking help without fear of judgment; and

Whereas, families, friends, healthcare professionals, community organizations, and local governments all play an important role in promoting mental health awareness, recognizing warning signs, and connecting individuals with resources and services; and

Whereas, the City of Sunrise recognizes the importance of promoting mental health awareness, encouraging preventive care and screening, supporting those experiencing depression and other mental health challenges, and fostering a compassionate and informed community; and

Whereas, National Depression and Mental Health Screening Month provides an opportunity to increase public awareness, encourages individuals to prioritize their mental well-being, promotes early screening and intervention, and reminds everyone that seeking help is an important step toward better health and well-being.

NOW, THEREFORE, I, Michael J. Ryan, Mayor of the City of Sunrise, Florida, together with the City Commissioners do hereby proclaim the month of October 2026 **National Depression and Mental Health Screening Month** in the City of Sunrise, Florida, and encourage all to learn about the signs and symptoms of depression and other mental health conditions, take advantage of appropriate mental health screenings, support friends and loved ones, and seek professional assistance when needed.



Witness My Hand and Official Seal of
The City of Sunrise, Florida

Michael J. Ryan, Mayor