

# RESOLUTION

Item #

RE:

Mental Health Awareness

**To His Honor, the Mayor, and the Common Council of the City of New Britain:**  
the undersigned beg leave to recommend the adoption of the following:

**WHEREAS:** millions of people face mental health challenges and have unmet mental health needs; and

**WHEREAS:**, according to the Centers for Disease Control and Prevention, mental health disorders are chronic conditions, and, without proper diagnosis and treatment, children can face problems at home and in school, which can interfere with the future development of those children; and

**WHEREAS:** more resources should be dedicated in schools to the prevention, early detection, and treatment of mental health disorders in children;

**WHEREAS:** childhood depression is more likely to persist into adulthood if it is left untreated;

**WHEREAS:** there has been a great concern about the impact of social media on the mental health of children and youth;

**WHEREAS:** social media exposes children to bullying, depression, anxiety, and self-harm;

**WHEREAS:** disparities remain in access to mental health treatment for communities of color, with Asian, Native American, Hispanic, and Black individuals less likely to receive mental health care than their counterparts;

**Whereas** suicide is a significant public health issue that can have an enduring impact on individuals and their communities;

**WHEREAS:** as in past years it would be appropriate to observe May as “Mental Health Awareness Month” and given the scale of the issue it is appropriate to designate May as Mental Health Month in perpetuity and to make it a focus for the whole year in 2026.

Now, therefore, be it Resolved, that the City Council of New Britain hereby:

- (1) designates May as “Mental Health Awareness Month” in perpetuity and 2026 as a **Year for Mental Health Awareness in New Britain** to remove the stigma associated with mental illness and place emphasis on mental health; and
- (2) declares mental health a priority; and
- (3) supports access to mental health services;

(4) recognizes that mental well-being is equally as important as physical well-being for our residents; and

(5) supports working to promote public awareness of mental health; and

(6) encourages providing critical information and support to individuals and families affected by mental illness; and

(6) encourages all individuals to draw on the designations of May as “Mental Health Awareness Month” in perpetuity and 2026 as a year of mental health awareness in New Britain as an opportunity to promote mental well-being and awareness, ensure access to appropriate coverage and services, and improve New Britain’s overall quality of life.

Ald. Francisco Santiago

Ald. John McNamara

Ald. Wilma Barbosa

Ald. Luz Ortiz-Luna

Ald. Robert Smedley

Ald. Matthew Malinowski

Ald. Roy Centeno

Ald. Jessica Vargas

Ald. Nathan Simpson

Ald. Dottie DiLernia

Ald. Yadira Maldonado

Ald. Candyce Scott

Ald. Jason Gibson

Ald. Alberto Borrero