

City of Lincoln

Proclamation

Office of the Mayor

Whereas, the mental health and well-being of Lincoln residents is essential to the strength and vitality of our community; and

Whereas, social isolation and loneliness can have significant adverse effects on physical and mental health, increasing the risk of anxiety, depression, and other health issues; and

Whereas, fostering strong social connections and community support networks can significantly improve individual well-being and overall community resilience; and

Whereas, Check-in Nebraska Day aims to encourage all residents to reach out and check in with friends, family members, coworkers, neighbors, and others who may feel isolated or in need of support; and

Whereas, the involvement of local facilities, businesses, and community organizations is crucial in promoting and facilitating meaningful connections and providing accessible resources; and

Whereas, the City of Lincoln supports promoting mental health awareness and encouraging actions that contribute to the well-being and connectedness of our residents,

Now, therefore, I, Leirion Gaylor Baird, mayor of the city of Lincoln, Nebraska, do hereby proclaim October 10, 2024, as

Check-in Nebraska Day

in Lincoln and encourage all residents to take the time to check in on one another, fostering a more connected and supportive community that values the mental health and well-being of all.



Leirion Gaylor Baird

Mayor Leirion Gaylor Baird