

PROCLAMATION

WHEREAS, The mental health and well-being of all residents of Omaha is of paramount importance to the strength and vitality of our communities, 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 City of Omaha is committed to promoting mental health awareness and encouraging actions that contribute to the well-being and connectedness of its residents.

Now Therefore, I Jean Stothert, Mayor of the City of Omaha, do hereby proclaim October 10th, 2024 as

CHECK-IN NEBRASKA DAY

Promoting mental health awareness and encouraging actions that contribute to well-being and connect residents to one another.

In Witness Whereof, I have set my hand and caused the official seal of the City of Omaha to be affixed this 20th Day of August, Two Thousand and Twenty Four.



Jean Stothert, Mayor of Omaha

