

**PROCLAMATION**

*WHEREAS, mental health is part of our overall health; and*

*WHEREAS, one in five adults experiences a mental health issue in any given year and one in 17 adults lives with mental illness such as major depression, bipolar disorder or schizophrenia; and*

*WHEREAS, approximately one-half of chronic mental illness begins by the age of 14 and three-quarters of chronic mental illness begins by age 24; and*

*WHEREAS, long delays—sometimes decades—often occur between the time symptoms first appear and when individuals get help; and*

*WHEREAS, early identification and treatment can make a difference in successful management of mental illness and recovery; and*

*WHEREAS, it is important to maintain mental health and learn the symptoms of mental illness in order to get help when it is needed; and*

*WHEREAS, every citizen and community can make a difference in helping end the silence and stigma that for too long has surrounded mental illness and discouraged people from getting help; and*

*WHEREAS, public education and civic activities can encourage mental health and help improve the lives of individuals and families affected by mental illness; and*

*NOW, THEREFORE BE IT RESOLVED that the Olympia City Council does hereby proclaim May 2017 as*

***MENTAL HEALTH AWARENESS MONTH***

*in order to increase public understanding of the importance of mental health and to promote identification and treatment of mental illnesses and substance use disorders.*

*AND BE IT FURTHER RESOLVED that all citizens, businesses, schools and community organizations are encouraged to take the “stigmafree pledge” at [www.nami.org/stigmafree](http://www.nami.org/stigmafree) in observance of Mental Health Awareness Month.*

*SIGNED IN THE CITY OF OLYMPIA, WASHINGTON THIS 25th DAY OF APRIL, 2017.*

***OLYMPIA CITY COUNCIL***

*Cheryl Selby  
Mayor*