

The City of Everett

PROCLAMATION

WHEREAS, mental health is part of overall health; and

WHEREAS, mental health helps to sustain an individual's thought processes, relationships, productivity and ability to adapt to change or face adversity; and

WHEREAS, mental illness adversely affects those abilities and often is life-threatening in nature; and

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

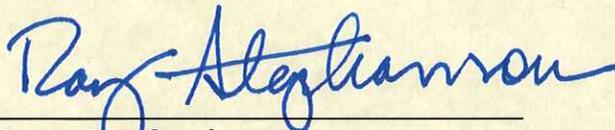
WHEREAS, public education and civic activities can encourage mental health and help improve the lives of individuals and families affected by mental illness;

NOW, THEREFORE, I, Ray Stephanson, Mayor of the City of Everett, do hereby proclaim May 2015, as

MENTAL HEALTH AWARENESS MONTH

in the City of Everett and encourage all residents to join in this special observance.

Signed this 30th day of April, 2015



Mayor Ray Stephanson

