

The City of Everett

PROCLAMATION

WHEREAS, mental health is part of overall health; and

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

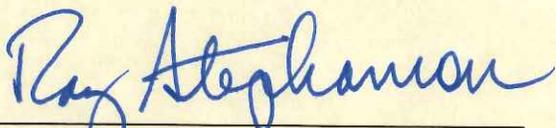
WHEREAS, public education and civic activities can encourage mental health and help improve the lives of individuals and families affected by mental illness;

NOW, THEREFORE, I, Ray Stephanson, Mayor of the City of Everett, do hereby proclaim October 4 through October 10, 2015, as

MENTAL ILLNESS AWARENESS WEEK

in the City of Everett and encourage citizens, businesses, schools and community organizations to take the "stigma-free pledge" at www.nami.org/stigmfree in observance.

Signed this 2nd day of October, 2015



Mayor Ray Stephanson

