



## PROCLAMATION

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

**WHEREAS**, mental health sustains an individual's thought processes, relationships, productivity, and ability to adapt to change; and

**WHEREAS**, one in 25 adults live with mental illness, such as major depression, bipolar disorder, or schizophrenia; and

**WHEREAS**, roughly one-half of chronic mental illness begin by the mid-teens and three-fourths by the mid-20s; and

**WHEREAS**, surveys conducted by the Centers for Disease Control (CDC), have shown substantial increases in self-reported behavioral health symptoms as a result of the COVID-19 pandemic; 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 to recognize the symptoms of mental illness and seek help when it is needed; and

**WHEREAS**, every citizen and community can help end the silence and stigma surrounding mental illness; and

**WHEREAS**, Mental Health Awareness Month is an opportunity to increase public understanding of the importance of mental health and to promote the identification and treatment of mental illness;

**NOW, THEREFORE**, I, Keith Scully, Mayor of the City of Shoreline, on behalf of the Shoreline City Council, do hereby proclaim May 2023, as

## MENTAL HEALTH AWARENESS MONTH

in the City of Shoreline.



Keith Scully, Mayor