



PROCLAMATION

A PROCLAMATION OF THE MAYOR AND CITY COUNCIL OF LAKE STEVENS TO BRING AWARENESS TO THE IMPORTANCE OF MENTAL HEALTH

WHEREAS, nationally 1 in 5 Americans will experience mental illness in their lifetime; and

WHEREAS, 46% of Washington adults reported experiencing symptoms of depression or anxiety in 2021; and

WHEREAS, suicide is the second leading cause of death for Washington teens 15-19 years old; and

WHEREAS, people with mental illnesses recover if given the necessary services and supports in their communities; and

WHEREAS, people with mental illnesses make important contributions to our families and our communities; and

WHEREAS, fewer than half of Americans struggling with mental illness receive the treatment they need; and

WHEREAS, stigma and fear of discrimination keep many who would benefit from mental health services from seeking help; and

WHEREAS, research shows that the most effective way to reduce stigma is through personal contact with someone with a mental illness; and

WHEREAS, good mental health is critical to the well-being of our families, communities, schools, and businesses; and

WHEREAS, greater public awareness about mental illnesses can change negative attitudes and behaviors toward people with mental illnesses;

NOW, THEREFORE, I, Mayor Brett Gailey on behalf of The City of Lake Stevens do hereby proclaim the month of May 2022 as MENTAL HEALTH AWARENESS MONTH. As the Mayor I also call upon all Lake Stevens citizens, government agencies, public and private institutions, businesses, and schools to recommit our community to increasing awareness and understanding of mental illnesses, reducing stigma and discrimination, and promoting appropriate and accessible services for all people with mental illnesses.

Brett Gailey, Mayor
Lake Stevens, Washington
United States of America