

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 live with mental illness such as major depression, bipolar disorder, or generalized anxiety; and

WHEREAS, approximately 50 percent of chronic mental illness begins by the age of 14 and 75 percent by age 24; and

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

WHEREAS, residents in our 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, I, Chuck Bennett, Mayor of the City of Salem, do hereby proclaim the month of May, 2020 as

MENTAL HEALTH AWARENESS MONTH

to increase public understanding of the importance of mental health and to promote identification and treatment of mental illnesses. I urge all businesses, schools, and community organizations to take the "stigma free pledge" at www.nami.org/stigmafree in observance of Mental Health Awareness Month.

DATED this twenty-seventh day of April, 2020.



Chuck Bennett
Mayor