

Mental Health Awareness Month Proclamation

- Whereas,** one in five adults experiences a mental health problem in any given year; and
- Whereas,** the COVID-19 pandemic has increased the number of people experiencing feelings of anxiety and depression; and
- Whereas,** approximately one-half of chronic mental illness begins by the age of 14, and three-quarters by age 24; and
- Whereas,** suicide is the tenth leading cause of death in the United States and the second leading cause among young adults, and 90% of people who die by suicide showed symptoms of a mental health condition according to interviews with family, friends and medical professionals; and
- Whereas,** early identification and treatment can make a difference in the successful navigation of mental illness and recovery; and
- Whereas,** we come together with every citizen and community to help end the silence and stigma that for too long has made people feel isolated and alone, and discouraged people from getting help; and
- Whereas,** we call on the community to support the local affiliate of NAMI-WRV and participate in the Biking for Mental Wellness, a stigmafree Ride for Mental Health Awareness Month, in addition to the ongoing bicycling and active transportation projects with Mountain Rides and their Safe Routes program for National Bike Month; and
- Whereas,** our community partners are encouraging #bikingformentalwellness, and appreciate community collaboration with the City of Hailey's Travel the Gravel Map, Mountain Rides, Blaine County Recreation District, Wood River YMCA, Wood River Trails Association and Club Ride.

NOW THEREFORE, I, Neil Bradshaw, Mayor of the City of Ketchum, 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 health challenges.