



City of Ketchum

Mental Health Awareness Month Proclamation

- Whereas,** mental health is a critical component of overall health and wellbeing and are prevalent within our community and all Blaine County residents experience times of difficulty and stress within their lives which can impact their mental health; and
- Whereas,** the COVID-19 Pandemic has exacerbated feelings of mental distress and has provided an increased understanding of depression and anxiety of the unknown; and
- Whereas,** each business, school, government agency, healthcare provider, organization, and citizen shares the responsibility to promote mental wellness, recognize the signs of mental distress, increase prevention efforts, advocate for access to effective treatment for mental illness, and support individuals and families suffering from mental health challenges; and
- Whereas,** one in five adults and one in four children experience a mental health problem in any given year and approximately one-half of chronic mental illness begins by the age of 14, and three-quarters by the age of 24; and
- Whereas,** long delays—sometimes decades—often occur between the time symptoms first appear and when individuals get help; with early identification and effective treatment, individuals with mental health conditions can lead full and productive lives; and
- Whereas,** the stigma associated with mental health and substance use disorders is identified as the primary reason individuals fail to seek the help they need to recover from these disorders; and
- Whereas,** suicide is the 10th leading cause of death in the United States and the 2nd leading cause among young adults, and 90% of people who die by suicide had shown symptoms of a mental health condition; and
- Whereas,** elevated feelings of hopelessness and distress in the year 2021 may have contributed to the increase of death by suicide in Blaine County and it is essential 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 the help they need, and 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, Neil Bradshaw, Mayor of the City of Ketchum, do hereby proclaim the month of May 2021 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.