



City of Ketchum

## Mental Health Awareness Month Proclamation

**Whereas,** mental health is fundamental to the overall health and wellbeing of all Blaine County citizens, as it results in productive activities, fulfilling relationships with others, and the ability to adapt to change and cope with adversity; and

**Whereas,** we are all impacted by mental health, and one-in-five adults and one-in-four children experience a mental health condition each year; 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,** stigma and the resulting discrimination is the a primary obstacle to early identification and effective treatment of individuals with emotional distress and their ability to recover and lead full, productive lives; and

**Whereas,** we now know that resilient communities can improve the chances that children will experience connection, safe places to live, learn and play, and have opportunities to engage with others. These key experiences go a long way to reducing the lifelong effects of ACEs (Adverse Childhood Experiences); 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, alone, and has discouraged people from seeking help; and

**Whereas,** through public education and working together to raise awareness, we can help improve the lives of individuals and families affected by mental illness, thereby creating a more resilient Blaine County.

**NOW THEREFORE,** I, Neil Bradshaw, Mayor of the City of Ketchum, do hereby proclaim the month of May 2022 as Mental Health Awareness Month to shine a light on mental health challenges and fight stigma, provide support, educate the public, and advocate for equitable access to care.