



## BUSINESS OF THE CITY COUNCIL CITY OF MERCER ISLAND

AB 5859  
May 4, 2021  
Consent Calendar

### AGENDA BILL INFORMATION

<b>TITLE:</b>	AB 5859: Mental Health Awareness Month Proclamation No. 269	<input type="checkbox"/> Discussion Only
<b>RECOMMENDED ACTION:</b>	Mayor Wong proclaims May 2021 as Mental Health Awareness Month in Mercer Island.	<input checked="" type="checkbox"/> Action Needed: <input checked="" type="checkbox"/> Motion <input type="checkbox"/> Ordinance <input type="checkbox"/> Resolution

<b>DEPARTMENT:</b>	Youth and Family Services
<b>STAFF:</b>	Ali Spietz, Chief of Administration Tambi Cork, YFS Administrator
<b>COUNCIL LIAISON:</b>	n/a
<b>EXHIBITS:</b>	1. Proclamation No. 269
<b>CITY COUNCIL PRIORITY:</b>	n/a

### SUMMARY

May is Mental Health Awareness Month, and the City of Mercer Island Youth and Family Services (MIYFS) Department is highlighting the #BeKindtoYourMind annual campaign. Initiated in 2017 by the MIYFS Healthy Youth Initiative, the messaging effort reminds all Islanders of daily strategies for prioritizing mental health and building resiliency.

From a mental health perspective, the recovery from the pandemic is far from over. It will take an estimated 12 to 18 months for individuals and communities to return to pre-pandemic levels of mental health and well-being after more than a year of trauma. Washington State Department of Health disaster recovery projections find that most Washington residents will have diagnosable mental health conditions as a result of the pandemic. In fact, of the almost half a million individuals that took the anxiety screening at [MHAscreening.org](https://www.mhascreeing.org), 79% showed symptoms of moderate to severe anxiety. However, there are practical tools that can help improve mental health, manage anger and frustration, recognize when trauma may be affecting you, challenge negative thinking patterns, and make time to take care of yourself. MIYFS offers community and school based mental health counseling, consultation, and referral via the confidential Intake Line at 206-275-7657.

Formal recognition of Mental Health Awareness Month helps reduce the stigma around seeking support when needed and sends the message that mental illnesses are real, and recovery is possible. The City of Mercer Island and the Youth and Family Services Department support the *Be Kind to Your Mind* effort and encourage all Islanders to join in the recognition of Mental Health Awareness Month.

For more information, visit [www.mhanational.org/may](https://www.mhanational.org/may) or [www.mercerisland.gov/yfs](https://www.mercerisland.gov/yfs).

### RECOMMENDATION

Mayor Wong proclaims May 2021 as Mental Health Awareness Month in Mercer Island.