

CITY OF \_\_\_\_\_

## PROCLAMATION

**WHEREAS**, mental health is part of everyone's overall health and wellbeing, and mental illnesses are prevalent in our county, state, and nation, with one in five adults experiencing a mental health issue every year; and

**WHEREAS**, stigma and the resulting discrimination is a primary obstacle to early identification and effective treatment of individuals with mental illness and their ability to recover to lead full, productive lives; and

**WHEREAS**, approximately half of chronic mental illness begins by the age of 14 and suicide is the second leading cause of death of individuals ages 10 to 14 and 25-34; and

**WHEREAS**, long delays averaging 11 years occur between the time symptoms first appear and when individuals get help, and it is therefore essential to cure the stigma and discrimination that is the primary cause for those delays; and

**WHEREAS**, every citizen and community can make a difference in helping cure the stigma and discrimination that for too long has surrounded mental illness and discouraged people from getting help; and

**WHEREAS**, public education and civic engagement improves the lives of individuals and families affected by mental illness.

**NOW, THEREFORE**, I, \_\_\_\_\_, a municipal corporation in the County of Clackamas, in the State of Oregon, do hereby proclaim May 2023 as **Mental Health Awareness Month** in \_\_\_\_\_ to increase public understanding of the importance of mental health, to promote identification and timely treatment of mental illnesses, and to cure the resulting stigma and discrimination.

**IN WITNESS, WHEREOF**, and with the consent of the City Council of the City of Milwaukie, I have hereunto at my hand on this \_\_\_\_\_ day of \_\_\_\_\_ 2023.

\_\_\_\_\_  
Mayor

ATTEST:

\_\_\_\_\_  
City Recorder