

CITY OF YAKIMA P R O C L A M A T I O N

WHEREAS, mental health is essential to everyone's health and well-being; and

WHEREAS, approximately one-half of chronic mental illnesses begin by the age of 14, three-quarters by age 24, and one in five adults experience a mental health problem in any given year and;

WHEREAS, suicide is the leading cause of death in the United States and the 2nd leading cause among young adults - 90% of people who die by suicide have an underlying mental illness; and

WHEREAS, long delays - sometimes decades - often occur between the time symptoms first appear and when individuals get help; and

WHEREAS, early identification and treatment can make a difference in successful management of mental illness and recovery; and

WHEREAS, it is important 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 have surrounded mental illness and discouraged people from getting help; and

WHEREAS, 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 Kathy Coffey, Mayor of the City of Yakima and on behalf of the Yakima City Council, do hereby proclaim May 2019 as

"MENTAL HEALTH MONTH"

in the City of Yakima to shine a light on mental illness and fight stigma, provide support, educate the public and advocate for equal care, and, be it further resolved that all citizens, businesses, schools, and community organizations are encouraged to take the #StigmaFree pledge at www.nami.org/stigmfree in observance of Mental Health Month.

Dated this 7th day of May, 2019

Kathy Coffey, Mayor