

THURSTON COUNTY

Proclamation

Mental Health Awareness Month 2019

WHEREAS, mental health is an essential part of overall health; and

WHEREAS, one in five adults experiences a mental health problem in any given year and one in 22 adults lives with a serious mental illness such as major depression, bipolar disorder or schizophrenia; and

WHEREAS, mental health conditions can affect a person at any point in their life, but young people and military veterans experience mental health conditions at rates higher than the general population; and

WHEREAS, approximately one-half of chronic mental illness begins by the age of 14 and three-quarters by age 24, and long delays—sometimes decades—often occur between the time symptoms first appear and when individuals get help; and

WHEREAS, 40 percent of Thurston County tenth graders experienced symptoms of depression in the past year; 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 provide and obtain help when it is needed; and

WHEREAS, Thurston County and key partners such as community-based behavioral health agencies, the Thurston-Mason Behavioral Health Organization, and the National Alliance for Mental Illness work to ensure access to high quality treatment and support for children and adults in need of mental health services throughout Thurston County; and

WHEREAS, every individual 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 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, BE IT RESOLVED, the Board of Health hereby proclaims **May 2019 as Mental Health Awareness Month** in Thurston County to increase public understanding of the importance of mental health and to promote identification and treatment of mental illnesses and substance use disorders.

Adopted this fourteenth day of May, 2019

BOARD OF HEALTH



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