



Proclamation

Office of the Mayor, City of Mukilteo

MENTAL HEALTH AWARENESS MONTH May 2021

WHEREAS, one in 25 adults today live with a variety of mental health disorders and illnesses such as major depression, bipolar disorder, schizophrenia, autism spectrum disorders, and a growing number of other debilitating behavioral health conditions; and

WHEREAS, mental health is important for our individual well-being and vitality, as well as that of our families, communities and businesses; and

WHEREAS, the COVID-19 pandemic has been a reminder of the importance of integrating mental health into preparedness and response plans for public health emergencies; and

WHEREAS, younger adults, racial/ethnic minorities, essential workers, and adult caregivers reported having disproportionately worse mental health outcomes, increased substance use, and elevated suicidal ideation associated with COVID-19; and

WHEREAS, May 6, 2021 is designated the National Children's Mental Health Awareness Day and May 2 through May 8, 2021 is designated as Children's Mental Health Awareness Week; and

WHEREAS, mental illness is a biologically based brain disorder that cannot be overcome through "will power" and is not related to a defect in a person's character or intelligence; and

WHEREAS, Mukilteans must work together to overcome and eliminate the discrimination and stigma that may deter individuals from seeking consistent support and adequate mental health treatment; and

NOW, THEREFORE BE IT RESOLVED THAT I, Jennifer Gregerson Mayor of the City of Mukilteo, hereby recognize May 2021 as Mental Health Awareness Month and calls upon our citizens, businesses and schools to recommit our City to increasing awareness and understanding of mental illness, and the need for appropriate and accessible services for all people with mental illnesses to promote recovery.

Signed this 3rd Day of May, 2021

A handwritten signature in black ink, appearing to read "Jennifer Gregerson". The signature is fluid and cursive, written over a faint, larger version of the same signature.

Jennifer Gregerson
Mayor