



Proclamation

Office of the Mayor, City of Mukilteo

MENTAL HEALTH AWARENESS MONTH May 2023

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, May 11, 2023 is designated the National Children's Mental Health Awareness Day, and the first week of May 2023 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.

NOW, THEREFORE BE IT RESOLVED THAT I, Joe Marine, Mayor of the City of Mukilteo, hereby recognize May 2023 as Mental Health Awareness Month and call 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 1st Day of May, 2023

Joe Marine
Joe Marine
Mayor

