

# *Proclamation*

## ***MENTAL HEALTH AWARENESS MONTH***

**WHEREAS,** mental health is part of overall health; and

**WHEREAS,** mental health helps to sustain an individual's thought process, relationships, productivity and ability to adapt to change or face adversity; and

**WHEREAS,** mental illness adversely affects those abilities and often is life-threatening in nature; and

**WHEREAS,** one in four adults experiences mental health problems in any given year and such problems can contribute to onset of mental illness; and

**WHEREAS,** one in 17 adults lives with mental illness such as major depression, bipolar disorder or schizophrenia; and

**WHEREAS,** approximately one-half of chronic mental illness begins by the age of 14 and three-quarters by age 24; 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 profound 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

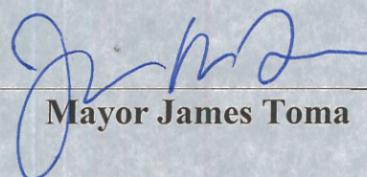
**WHEREAS,** every citizen and community can make a difference in helping end the silence and stigma that for too long has surrounded mental illness and discouraged people from getting help; and

**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, I, James Toma, Mayor of the City of West Covina,** do hereby proclaim May, 2016, as ***"Mental Health Awareness Month"*** in the City of West Covina to increase public understanding of the importance of mental health and to promote identification and treatment of mental illnesses.

On this 17<sup>th</sup> day of May, 2016



  
Mayor James Toma