

Proclamation

PROCLAIMING MAY 2014 AS NATIONAL MENTAL HEALTH AWARENESS MONTH

WHEREAS, mental health illness is a leading cause of disability, both nationally and worldwide, second only to cardiovascular disease in total impact; and

WHEREAS, serious and debilitating mental illness and emotional disturbances affect up to five percent of the adult population and up to ten percent of our youth each year, and one out of every four families has a mentally ill/emotionally disturbed family member; and

WHEREAS, the U.S. Surgeon General's Report on Mental Health and the President's "New Freedom commission on Mental Health" found that there are effective treatments for mental illness and that individuals can recover and lead full, productive lives; and

WHEREAS, stigma and fear of discrimination from others, including employers, prevent many who would benefit from mental health services from seeking help; and

WHEREAS, less than half of children and adults with diagnosable mental health problems receive treatment; and

WHEREAS, increased public awareness of mental health issues may lead to earlier identification and treatment leading to lower health care and correctional costs, increased productivity, and improved ability to contribute to healthier families and communities; and

NOW, THEREFORE, BE IT RESOLVED that I, MARK OLBERT, Mayor of the City of San Carlos, hereby proclaim May 2014 as **NATIONAL MENTAL HEALTH AWARENESS MONTH** in the City of San Carlos to raise awareness and understanding of the importance of mental health and to pay tribute to all who devote their skill and expertise to the cause of better health for our residents.

Dated this 28th day of April, 2014.



A handwritten signature in blue ink, reading "Mark Olbert", is written over a horizontal line.

MARK OLBERT, MAYOR