



## *PROCLAMATION*

*WHEREAS*, mental health is part of overall health; and  
*WHEREAS*, mental health helps to sustain an individual's thought processes, 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;  
*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;  
*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, Louise Carter-King, Mayor of the City of Gillette, along with the National Alliance on Mental Illness, do hereby proclaim May 21, 2016 as:

### *Mental Health Awareness Day in the City of Gillette, WY*

As Mayor, I call upon all members of our community to support efforts that increase public understanding of the importance of mental health, and to promote identification and treatment of mental illness in our community.

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

---

Louise Carter-King, Mayor

*(Attested by)*

---

Karlene Abelseth, City Clerk