

**CITY COUNCIL AGENDA ITEM**  
CITY OF SHORELINE, WASHINGTON

<b>AGENDA TITLE:</b>	Proclamation of Mental Health Awareness Month
<b>DEPARTMENT:</b>	Recreation, Community and Cultural Services
<b>PRESENTED BY:</b>	Bethany Wolbrecht-Dunn, Community Services Manager
<b>ACTION:</b>	<input type="checkbox"/> Ordinance <input type="checkbox"/> Resolution <input type="checkbox"/> Motion <input type="checkbox"/> Discussion <input type="checkbox"/> Public Hearing <input checked="" type="checkbox"/> Proclamation

**PROBLEM/ISSUE STATEMENT:**

In observance of May as Mental Health Awareness Month, this proclamation recognizes the prevalence of mental illness and the significant impact it has on many individuals and families. The City of Shoreline provides support for individuals experiencing mental health impacts by providing funding to the Center for Human Services Behavioral Health Program which provides services on a sliding fee scale. Additionally, COVID Response Funding is supporting additional mental health services through Charmd Behavioral Health.

Because stigma related to mental illness can be a barrier to seeking needed treatment, it is especially important to raise awareness that mental health is an integral part of overall health, and that support and treatment options are available.

**RECOMMENDATION**

Staff recommends that the Mayor read the proclamation.

Approved By:            City Manager **BE**    City Attorney **MK**



## PROCLAMATION

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

**WHEREAS**, mental health sustains an individual's thought processes, relationships, productivity, and ability to adapt to change; and

**WHEREAS**, one in 25 adults live with mental illness, such as major depression, bipolar disorder, or schizophrenia; and

**WHEREAS**, roughly one-half of chronic mental illness begin by the mid-teens and three-fourths by the mid-20s; and

**WHEREAS**, surveys conducted by the Centers for Disease Control (CDC), have shown substantial increases in self-reported behavioral health symptoms as a result of the COVID-19 pandemic; and

**WHEREAS**, early identification and treatment can make a difference in successful management of mental illness and recovery; and

**WHEREAS**, it is important to maintain mental health and to recognize the symptoms of mental illness and seek help when it is needed; and

**WHEREAS**, every citizen and community can help end the silence and stigma surrounding mental illness; and

**WHEREAS**, Mental Health Awareness Month is an opportunity to increase public understanding of the importance of mental health and to promote the identification and treatment of mental illness;

**NOW, THEREFORE**, I, Keith Scully, Mayor of the City of Shoreline, on behalf of the Shoreline City Council, do hereby proclaim May 2023, as

## MENTAL HEALTH AWARENESS MONTH

in the City of Shoreline.

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Keith Scully, Mayor