

TOWN OF QUARTZSITE

**OFFICE OF THE MAYOR
A PROCLAMATION**

MENTAL HEALTH MONTH MAY 2016

WHEREAS, mental health is critical for our well-being and vitality as well as that of our families, communities and businesses; and

WHEREAS, the President's New Freedom Commission declared that mental disorders and mental health problems affect people of all backgrounds and all stages of life, and no one is immune; and

WHEREAS, The World Health Organization found that mental illnesses rank first in terms of causing disability in the United States and, collectively, are the most prevalent health problem in America today- more common than cancer and lung and heart disease combined; and

WHEREAS, this year's theme for Mental Health Month is - *Life with a Mental Illness* - calling on individuals to share what life with a mental illness feels like for them in words, pictures and on social media; and

WHEREAS, according to the National Alliance on Mental Health, approximately 1 in 5 adults, nearly 44 million Americans, experience mental health conditions each year, including depression, anxiety, bipolar disorder, schizophrenia, and post-traumatic stress in a given year; and

WHEREAS, one in 10 children in the United States has a serious mental health disorder that, if untreated, can lead to school failure, physical illness, substance abuse and even suicide; and

WHEREAS, sharing is the key to breaking down negative attitudes and misperceptions surrounding mental illnesses, and to show others that they are not alone in their feelings and their symptoms; and

THEREFORE, WE, THE COMMON COUNCIL of the Town of Quartzsite, Arizona, do hereby proclaim May 2016 Mental Health Month in the Town of Quartzsite. As the Mayor, I also call upon all Town of Quartzsite citizens, government agencies, public and private institutions, business and schools to recommit our community to increasing awareness and understanding of mental illness and the need for appropriate and accessible services for all people with mental illnesses and to remember that hope starts with you.



Ed Foster, Mayor

ATTEST:



Tina M. Abriani, Town Clerk

Given under my hand in these free United States in the Town of Quartzsite, La Paz County, Arizona, on the 10th day of May, two thousand sixteen, and to which I have caused the Seal of the Town of Quartzsite to be affixed and have made this proclamation public.