

**CITY OF BEACON  
OFFICE OF THE MAYOR**



# **Proclamation** for Mental Health Awareness Month

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, therefor be it resolved, I, Randy Casale, Mayor of the City of Beacon do hereby proclaim the month of May 2017 as Mental Health Awareness Month in Beacon, New York to increase public understanding of the importance of mental health and to promote identification and treatment of mental illnesses.

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Randy J. Casale, Mayor  
City of Beacon, New York

Signed this \_\_\_\_\_ day of April, 2017