



Armando Pavone Mayor

Proclamation

Whereas, mental health is part of overall health, and one in five adults experiences a mental health problem in any given year; and

Whereas, approximately one-half of chronic mental illness begins by the age of 14 and three-quarters by age 24; and

Whereas, suicide is the 10th leading cause of death in the United States and the 2nd leading cause among young adults, and 90% of people who die by suicide had shown symptoms of a mental health condition, according to interviews with family, friends and medical professionals; and

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 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 person 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; and

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, Armando Pavone, Mayor of the City of Renton, do hereby proclaim December 2020 to be

Mental Health Awareness Month

in the City of Renton, and I encourage all members of the community to fight the stigma of and provide support for mental illness.

In witness whereof, I have hereunto set my hand and caused the seal of the City of Renton to be affixed this 7th day of December, 2020.

Armando Pavone, Mayor
City of Renton, Washington

