



Armondo Pavone Mayor

Proclamation

Whereas, one in five adults experiences a mental health problem in any given year and 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, with long delays—sometimes decades—often occurring when symptoms first appear before individuals get help, and early identification and treatment can make a difference in successful management of mental illness and recovery; and

Whereas, suicide is the tenth leading cause of death in the United States and the second 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, mental health is part of overall health, so it is important to maintain that mental health and learn the symptoms of mental illness in order to get help when needed; and

Whereas, public education and civic activities can encourage mental health and help improve the lives of individuals and families affected by mental illness;

Whereas, every resident 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;

Now, therefore, I, Armondo Pavone, Mayor of the City of Renton, do hereby proclaim May 2021 to be

Mental Health Month

in the City of Renton, and I encourage all members of the community, businesses, schools and community organizations to take the “stigmafree pledge” at www.nami.org/stigmafree.

In witness whereof, I have hereunto set my hand and caused the seal of the City of Renton to be affixed this 17th day of May, 2021.

Armondo Pavone, Mayor
City of Renton, Washington

