

Mayor Christian Price

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; 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 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; and

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

NOW, THEREFORE, I, Christian Price, Mayor of the City of Maricopa, do hereby proclaim the month of May 2016 as “**MENTAL HEALTH AWARENESS MONTH**” in Maricopa, Arizona to increase public understanding of the importance of mental health and to promote identification and treatment of mental illnesses.

Dated this 3rd day of May, 2016

Christian Price, Mayor