



# *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 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 have an underlying mental illness; and
- WHEREAS,** Long delays often occur between the time symptoms first appear and when individuals get help, while 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 citizen and community can make a difference in helping end the silence and stigma that has surrounded mental illness for too long 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.
- THEREFORE,** I, Mayor Steven M. Scharf, and the Cupertino City Council do hereby proclaim the week of October 4<sup>th</sup> to 10<sup>th</sup>, 2020, and every first full week of October as

## *Mental Illness Awareness Week*

in the City of Cupertino to shine a light on mental illness and fight stigma, as well as to provide support, educate the public, and advocate for equal care.

**IN WITNESS THEREOF,** I have hereunto set my hand and caused the seal of the City of Cupertino to be affixed this Tuesday, October Sixth, Two Thousand and Twenty.

Steven M. Scharf  
Mayor