

# PROCLAMATION



## Office of the Mayor

**WHEREAS**, mental health is an important component for overall health, including emotional, psychological, and social well-being affecting how we think, feel, and act, and poor mental health increases the risk for many types of physical health problems such as diabetes, heart disease, and stroke; and

**WHEREAS**, more than 50% of people in the United States will be diagnosed with a mental illness or disorder at some point in their lifetime, and more than half of people struggling with mental illness have not received treatment despite the presence of illness for more than 12 months; and

**WHEREAS**, the COVID-19 pandemic has adversely affected mental health for many people, especially for health and other frontline workers, students, people who live alone, and those with pre-existing mental health conditions, and services to treat mental health issues have been significantly disrupted; and

**WHEREAS**, unaddressed mental health issues can have a negative influence on many facets of individual and community life, including homelessness, poverty, employment, safety, and the local economy; and

**WHEREAS**, Mental Health Day provides an opportunity to destigmatize the need for mental health care, and for all those working on mental health issues to talk about their work and what more needs to be done to make mental health care a reality for all people.

**NOW, THEREFORE, BE IT RESOLVED, THAT I, JACOB A. WOODFORD**, Mayor of the City of Appleton, Wisconsin, do hereby proclaim October 10, 2021, as

## Mental Health Day

in Appleton and remind residents of available community resources to help take care of their own mental health and provide support to others.

Signed and sealed this 15<sup>th</sup> day of October 2021.



**JACOB A. WOODFORD**  
MAYOR OF APPLETON