



Town of Mansfield
Proclamation Designating October 4– 10, 2015 as Mental Illness Awareness Week

Whereas, mental health is part of an individual's overall health and wellness; and

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 those with chronic mental illness experience symptoms by the age of 14 and three-quarters by the age of 24; and

Whereas, long delays- sometimes decades- often occur between the time symptoms first appear and when the individuals get help; and 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

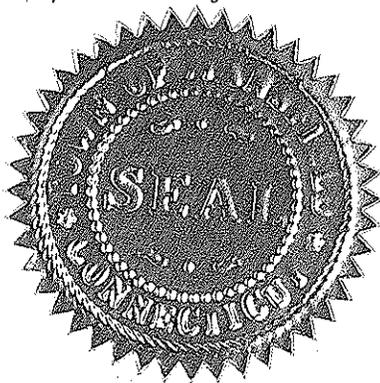
Whereas, every citizen and community can make a difference in helping end the fear, ignorance and shame that for too long have surrounded mental illness, and discouraged people from getting help; and

Whereas, public education and civic activities can demystify mental health issues, promote early intervention, and help to improve the lives of individuals and families affected by mental illness:

NOW, THEREFORE, BE IT RESOLVED, that I, Elizabeth C. Paterson, Mayor of Mansfield, Connecticut, hereby proclaim October 4 through October 10, 2015 as "Mental Illness Awareness Week" in Mansfield, Connecticut to increase public understanding of the importance of mental health and to promote identification and treatment of mental illnesses.

AND BE IT FURTHER RESOLVED, that all citizens, businesses, schools, and community organizations are encouraged to recognize Mental Illness Awareness Week by promoting mental health awareness activities, and by participating in the grassroots activities of the Eastern Regional Mental Health Board, to make their communities' mental health needs known to the decision-makers of the State of Connecticut.

IN WITNESS WHEREOF, I have set my hand and caused the seal of the Town of Mansfield to be affixed on this 28th day of September in the year 2015.



Elizabeth C. Paterson

Elizabeth C. Paterson
Mayor, Town of Mansfield
September 28, 2015