



**A PROCLAMATION IN SUPPORT OF MENTAL HEALTH AWARENESS MONTH**

May 1 - 31, 2020

**WHEREAS**, One in five Americans will be affected by a mental health condition in their lifetime and every American is affected or impacted through their friends and family; and

**WHEREAS**, Mental illness is one of the leading causes of disabilities in the United States, impacting both the person with the illness and those persons who care for and love the person afflicted; and

**WHEREAS**, 57 million Americans have a mental disorder in any given year, but fewer than 40 percent of adults living with a mental illness, and slightly more than one-half of youth 8 to 15 years of age with a mental illness received mental health services in the last year; and

**WHEREAS**, although mental illness impacts all people, many of those in lower-income communities receive less care, poorer quality of care, and often lack access to culturally competent care, thereby resulting in mental health disparities; and

**WHEREAS**, the Town of Breckenridge acknowledges that when compared to other Colorado communities, the incidence of substance abuse and mental health indicators is elevated in Summit County and, as a result, the Town is concerned about the impacts of mental illness on the quality of life for our residents; and

**WHEREAS**, nearly two-thirds of all people with a diagnosable mental illness do not receive mental health treatment due to stigma, lack of community-based resources, inadequate diagnosis, or no diagnosis; and

**WHEREAS**, there is a need to improve public awareness of mental illness and to strengthen local and national awareness, so that all those with mental illness may receive adequate and appropriate treatment and support; and

**WHEREAS**, access to mental health treatment and services is of paramount importance; and

**WHEREAS**, there is a need to encourage primary care physicians to offer screenings, to partner with mental health care providers, to seek appropriate referrals to specialists, and to promote timely and accurate diagnoses of mental disorders; and

**WHEREAS**, Mental Health Awareness month is both a national and local commitment to reducing the stigma associated with mental illness, encouraging those living with mental health conditions to get the help they need, and affirming our pledge to ensure those who need help have access to the support, acceptance, and resources they deserve; and

**WHEREAS**, during Mental Health Awareness month the Town of Breckenridge recognizes those in our community living with mental illness and substance use disorders; we pledge support for those individuals and their families; and we reaffirm our commitment to ensuring people living with mental health conditions know they are not alone;

**NOW, THEREFORE, BE IT RESOLVED THAT** I, Mayor Eric Mamula, do hereby proclaim the month of May 2020 as Mental Health Awareness Month, and call upon all residents of Breckenridge to join me in supporting the aims and goals of this effort.  
Adopted this 5<sup>th</sup> day of May 2020.

\_\_\_\_\_/s/\_\_\_\_\_  
Mayor Eric S. Mamula

Attest:

\_\_\_\_\_/s/\_\_\_\_\_  
Helen Cospolich, CMC, Town Clerk