



Resolution No. R2018-119

**A Resolution of the Pierce County Council and Executive Proclaiming
October 7 through October 13, 2018, as "Mental Illness Awareness Week"
in Pierce County, Washington.**

Whereas, mental health is part of overall health and one in five adults in Pierce County 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, 38 percent of tenth graders in Pierce County reported they were so sad or hopeless for two weeks that they stopped doing usual activities, and 11 percent of Pierce County youth ages 12-17 reported having one major depressive episode in the past year; and

Whereas, suicide is the tenth leading cause of death in the United States and the second leading cause among young adults, and 90 percent of people who die by suicide have an underlying mental illness; and

Whereas, Pierce County's 2016 suicide rate of 18.5 suicides per 100,000 people exceeds the state average of 15.4 suicides per 100,000, and there is a 10-25 year life expectancy reduction in people with severe mental illness; and

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

Whereas, early identification and treatment can make a difference in successful management of mental illness and recovery, and it is important to maintain mental health, to learn the symptoms of mental illness, and 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, mental health public education and civic activities can help improve the lives of individuals and families affected by mental illness; **Now, Therefore**

BE IT PROCLAIMED by the Council and Executive of Pierce County:

October 7 through October 13, 2018, is declared "Mental Illness Awareness Week" in Pierce County to shine a light on mental illness and fight stigma, provide support, educate the public, and advocate for equal care for all.

ADOPTED this 9th day of October, 2018.

PIERCE COUNTY EXECUTIVE

PIERCE COUNTY COUNCIL

Bruce F. Dammeier, County Executive

Douglas G. Richardson, Chair, District No. 6

(seal)

Dan Roach, District No. 1

Pam Roach, District No. 2

Jim McCune, District No. 3

ATTEST:

Connie Ladenburg, District No. 4

Rick Talbert, District No. 5

Denise D. Johnson
Clerk of the Council

Derek Young, District No. 7