Encourage public officials to go on the record in support of mental health and a stigma-free community. Below, please find a sample proclamation that designates the first full week in October as Mental Illness Awareness Week. An official signing of a proclamation is a perfect occasion for a news event, photo opportunity or other activity.

**Model Gubernatorial or Mayoral Proclamation**

**for Mental Illness Awareness Week**

Whereas mental health is part of overall health; and

Whereas 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 10th leading cause of death in the United States and the 2nd leading cause among young adults, and 90% of people who die by suicide had shown symptoms of a mental health condition, according to interviews with family, friends and medical professionals; and

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

Whereas 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 for too long has surrounded mental illness 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.

NOW, THEREFORE BE IT RESOLVED, I **(Name)**, **(Title)** of **(State/City)** do hereby proclaim Oct. 6 through Oct. 12, 2019 as Mental Illness Awareness Week in **(State/City)** to shine a light on mental illness and fight stigma, provide support, educate the public and advocate for equal care.