

Office of the Mayor

CITY OF MANITOWOC

Proclamation

- WHEREAS, in 1990, the U.S. Congress established the first full week of October as Mental Illness Awareness Week (MIAW) in recognition of National Alliance on Mental Illness' (NAMI) efforts to raise mental illness awareness; and
- WHEREAS, since 1990, mental health advocates across the country have joined together the first week of October to sponsor various activities to raise awareness through outreach, education and advocacy; and
- WHEREAS, MIAW is a time to raise public awareness of serious mental illnesses such as major depression, bipolar disorder, schizophrenia, post traumatic disorder, obsessive-compulsive disorder and borderline personality disorder; and
- WHEREAS, approximately 60 million Americans experience mental health problems in any given year, 1 in 17 lives with the most serious conditions and less than one-third seek treatment; and
- WHEREAS, a half of all lifetime cases begin by the age of 14, however, 10 or more years may pass between the onset of symptoms and being diagnosed; and
- WHEREAS, early diagnoses is often the key to recovery with treatment that may include combinations of medication, cognitive behavioral therapy, interpersonal therapy, peer support groups or community services, diet, sleep, exercise and social support networks; and
- WHEREAS, education is essential in combating mental illness.

NOW, THEREFORE, I, JUSTIN M. NICKELS, Mayor of the City of Manitowoc, in recognition of this event do hereby proclaim the week of **October 2-8, 2022**, as

MENTAL ILLNESS AWARENESS WEEK

In the City of Manitowoc, and encourage the community to observe this week with appropriate programs, ceremonies and activities.

In Testimony Whereof, I have hereunto set my hand and caused the Great Seal of the City of Manitowoc to be affixed. Done at City Hall in the City of Manitowoc this **19th day of September, Twenty Twenty-Two.**

Justin M. Nickels, Mayor