

The State of Washington



Proclamation

WHEREAS, mental health is an essential part of health, well-being, and the ability to contribute to our families and communities, and mental illness is one of the most prevalent health conditions, affecting one-in-four people nationally; and

WHEREAS, in Washington State, more than one-in-five tenth graders said they had seriously considered suicide in the last year, and one third of them said that they had symptoms of anxiety and depression; and

WHEREAS, research-based practices and early intervention are effective for reducing the prevalence of mental health conditions, handling challenges, and improving health and well-being; and

WHEREAS, family members and friends can help by learning the early warning signs for mental health conditions and how to find resources for prevention, early intervention, and treatment for youth and adults; and

WHEREAS, it is important to educate individuals, family members, and others that seeking health care for mental illness should be done with the same urgency as for any other health condition; and

WHEREAS, the Substance Abuse and Mental Health Services Administration will host national events on May 4, 2017 to promote mental health awareness, and Washington State will promote mental health in partnership with local mental health treatment providers and local community-based coalitions on the same date; and

WHEREAS, with effective treatment and a variety of supports, people impacted by mental health challenges, trauma, and stigma can recover and lead full, productive lives; and

WHEREAS, the Affordable Care Act resulted in more than 92 percent of people in Washington – and more than 95 percent of children under the age of 18 – being covered by insurance, giving them access to mental health treatment services; and

WHEREAS, more than twenty thousand youth receive mental health services in the state of Washington every month;

NOW, THEREFORE, I, Jay Inslee, Governor of the state of Washington, do hereby proclaim May, 2017 as

Mental Health Awareness Month

and May 4, 2017 as

Children's Mental Health Awareness Day

in Washington, and I urge all citizens to help increase awareness about mental health conditions, learn the signs and symptoms, and refer people who may need mental health services to the Washington Recovery Help Line: 1-866-789-1511.

Signed this 25th day of April, 2017


Governor Jay Inslee

