

A CEREMONIAL RESOLUTION

22-197

IN THE COUNCIL OF THE DISTRICT OF COLUMBIA

October 3, 2017

To declare October 10, 2017, as “World Mental Health Day” in the District of Columbia.

WHEREAS, mental health is a state of well-being in which every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community;

WHEREAS, mental health does not discriminate on the basis of gender, sexual identity, socio-economic status, or race;

WHEREAS, depression, specifically, is one of the most common mental illnesses in the United States and research suggests it is caused by a combination of genetic, biological, environmental, and psychological factors

WHEREAS, one in 5 of the world’s children and adolescents have mental illness or problems and half of all mental illness signs show before 14 years of age;

WHEREAS, one in 4 adults will experience mental health difficulties;

WHEREAS, 800,000 people commit suicide every year and it is the second-leading cause of death in those 15 years through 29 years of age;

WHEREAS, despite the existence of effective treatments for mental illness, there continues to be a belief that those effected are untreatable, and that people with mental illnesses are difficult, not intelligent, or incapable of making decisions;

WHEREAS, more than 70% of people with mental illness actively conceal their mental illness from others;

WHEREAS, mental illness continues to be driven into the shadows by stigma, prejudice, fear of disclosing an affliction because a job may be lost, social standing ruined, or simply because health and social support services are not available or are out of reach of for the afflicted families;

**ENROLLED ORIGINAL**

WHEREAS, shortages of psychiatrists, psychiatric nurses, psychologists, and social workers are among the main barriers of providing treatment and care in low- and middle-income families;

WHEREAS, the World Federation for Mental Health (“WFMH”) is an international organization founded in 1948 to advance the prevention of mental and emotional disorders, the proper treatment and care of those with such disorders, and the promotion of mental health, and WFMH established World Mental Health Day on October 10, 1992 to draw attention to the importance of mental health and increase public education and advocacy; and

WHEREAS, October 10, 2017 will mark the 25<sup>th</sup> anniversary of World Mental Health Day and this year’s theme “Mental Health in the Workplace”.

RESOLVED, BY THE COUNCIL OF THE DISTRICT OF COLUMBIA, That this resolution may be cited as the “World Mental Health Day Recognition Resolution of 2017”.

Sec. 2. The Council of the District of Columbia recognizes the importance of heightening discussion, gaining access to treatment, and ending the stigma with mental health in the District of Columbia.

Sec. 3. This resolution shall take effect immediately upon the first date of publication in the District of Columbia Register.