



OFFICE OF THE MAYOR  
Thomas M. Poynton

## Proclamation Designating May 2022 as Mental Health Awareness Month

**WHEREAS**, 450 million people worldwide suffer from some form of a mental health condition; and

**WHEREAS**, 1 in 4 American adults say they rarely or have never felt as though they know someone that truly understands them; and

**WHEREAS**, roughly 1 in 10 adolescents report feeling socially isolated, and loneliness is associated with a 26% increase in mortality; and

**WHEREAS**, 20% of state prisoners and 70% of children in the juvenile justice system are thought to have at least one serious mental health condition; and

**WHEREAS**, 16 million American adults experienced a major depressive episode in the last year, and depression rates are even higher among adolescents; and

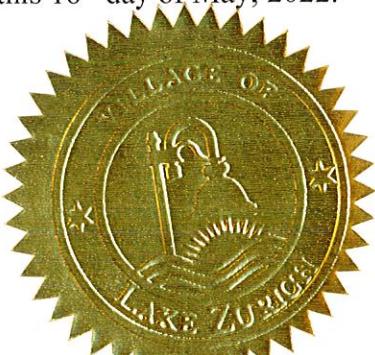
**WHEREAS**, the stigma surrounding mental health often results in those suffering choosing not to seek treatment; and

**WHEREAS**, receiving the proper treatment can give individuals an increased chance at recovery and proper management of the symptoms of a mental illness; and

**WHEREAS**, we as a community can make a difference in helping end the silence and the stigma that for too long has surrounded mental illness and discouraged people from getting help.

**NOW, THEREFORE, BE IT PROCLAIMED** by the Mayor of Lake Zurich, that the Village of Lake Zurich does hereby proclaim the month of May 2022 as Mental Health Awareness Month.

Dated this 16<sup>th</sup> day of May, 2022.



  
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Thomas M. Poynton, Mayor