

**Lyon County Proclamation for  
Mental Illness Awareness Week 2016  
Resolution 2016-33**

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 have an underlying mental illness; 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, the Lyon County Board of Supervisors, of Lyon County, Iowa do hereby proclaim October 2 through October 8, 2016 as Mental Illness Awareness Week in Lyon County to shine a light on mental illness and fight stigma, provide support, educate the public and advocate for equal care.

AND BE IT FURTHER RESOLVED that all citizens, businesses, schools and community organizations are encouraged to take #StigmaFree pledge at [www.nami.org/stigmafree](http://www.nami.org/stigmafree) in observance of Mental Illness Awareness Week.

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Randy Bosch, Lyon County Board of Supervisors-Chair

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Date