



Board of Commissioners of Cook County

118 North Clark Street
Chicago, IL

Legislation Text

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PROPOSED RESOLUTION

RECOGNIZING OCTOBER 7TH-13TH, 2018 AS MENTAL ILLNESS AWARENESS WEEK

WHEREAS, Mental Illness Awareness Week shines a light on mental illness, fights stigmas, provides support, and advocates for equal care; and

WHEREAS, maintaining good mental health is crucial to living a long healthy life, it is important for the well-being of individuals, families, and our communities; and

WHEREAS, mental health illnesses are more common than cancer, diabetes, or heart disease, millions of Americans are living with a mental health condition; 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, suicide continues to be a leading cause of death among Americans, taking a life every 13 minutes, according to the Centers for Disease Control and Prevention (CDC); and

WHEREAS, mental health stigmas are widespread and commonly held among individuals in society regardless if they know an individual with a mental health problem; and

WHEREAS, to remove the stigma around mental health illness, we must recognize that mental illness is as much of an illness as a physical illness is; 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, that the President and Members of the Cook County Board of Commissioners recognize October 7th through October 13th as Mental Illness Awareness Week in Cook County to shine a light on mental illness and advocate for equal care for all those suffering from a mental illness.