

*CITY OF SEATAC*  
*Mental Health Awareness Month*

**WHEREAS**, mental health is part of overall health; and

**WHEREAS**, one in five adults experiences a mental health problem in any given year and one in 17 adults live with mental illness such as major depression, bipolar disorder or schizophrenia; 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 had shown symptoms of a mental health condition, according to interviews with family, friends, and medical professionals; and

**WHEREAS**, long delays 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**, the City of SeaTac's State and Federal Legislative Agendas prioritize enhancing the behavioral health system for the benefit of our residents, including support for additional 9-8-8 crisis response teams and crisis triage and detox facilities. The City also supports funding additional school counselors to meet the behavioral health needs to students of all ages; 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.

**NOW, THEREFORE**, I Mohamed Egal, Mayor of the City of SeaTac, on behalf of the City Council, do hereby proclaim the month of May 2025 as Mental Health Awareness Month in SeaTac to increase public understanding of the importance of mental health and to promote identification and treatment of mental illnesses.

*Signed this 13<sup>th</sup> day of May 2025.*

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Mohamed Egal, Mayor