

# PROCLAMATION

WHEREAS, behavioral health is an essential part of one's overall health and wellness, and an estimated 400,000 people in King County are affected by behavioral health conditions; and

WHEREAS, the current COVID-19 pandemic has been associated symptoms of anxiety disorder and depressive disorder; and

WHEREAS, there has been a significant increase in starting or increasing substance use to cope with stress or emotions related to COVID-19; and

WHEREAS, King County's suicide rate has increased by about 18 percent in the past decade; and

WHEREAS, we must work together to reduce stigma and promote better understanding of mental health and substance use disorders by listening and sharing lived experiences, building connections, and promoting the message that no one experiencing any behavioral health condition should feel alone; and

WHEREAS, we must encourage relatives and friends of people with mental health and/or substance use disorders to recognize the signs of a problem and guide those in need to appropriate treatment and recovery support services; and

WHEREAS, the benefits of preventing and overcoming mental health challenges and substance use disorders are significant and invaluable to individuals, families, and our community at large; and

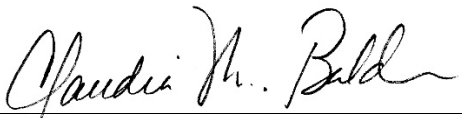
WHEREAS, prevention works, treatment is effective, and people can and do recover;

NOW, THEREFORE, we, the Metropolitan King County Council, proclaim the month of September 2020 as

## **BEHAVIORAL HEALTH RECOVERY MONTH**

in King County and call upon our residents to support King County's Recovery Month theme, "Rising Above it All: Wellness, Resilience & Recovery."

DATED this twenty-seventh day of October, 2020.



Claudia Balducci, District Six, Council Chair



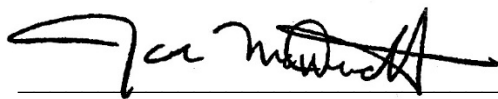
Rod Dembowski, District One



Kathy Lambert, District Three



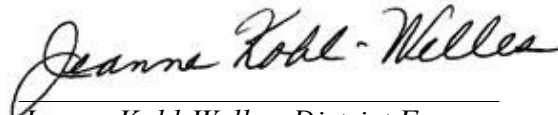
Dave Upthegrove, District Five



Joe McDermott, District Eight, Council Vice Chair



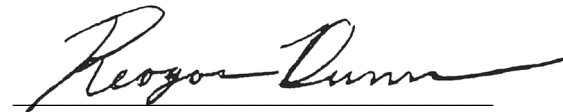
Girmay Zahilay, District Two



Jeanne Kohl-Welles, District Four



Pete von Reichbauer, District Seven



Reagan Dunn, District Nine, Council Vice Chair