

City of Norfolk
Virginia

Proclamation

WHEREAS, one in every five people suffer from a mental illness; and

WHEREAS, depression is a common yet serious mental illness that can influence how people feel, think, and function daily; and

WHEREAS, the illness affects 15 million adults in the United States and more than 300 million people globally; and

WHEREAS, despite knowledge of effective treatment options, fewer than 50% of people affected by depression have received such treatment. Yet 80% of people who begin treatment experience improvements within 4-6 weeks; and

WHEREAS, barriers to treatment include but are not limited to lack of resources and health care, inaccurate diagnoses and the social stigma associated with mental illness; and

WHEREAS, those suffering from a mental illness should not feel or be subjected to shame related to their illness just as persons with diabetes or high blood pressure are not shamed over these conditions; and

WHEREAS, annually, October is National Depression Awareness Month and October 11th is National Depression Screening Day.

NOW, THEREFORE, I, Kenneth Cooper Alexander, Mayor of the City of Norfolk, do hereby proclaim the month of October 2017 as

DEPRESSION AWARENESS MONTH

in the City of Norfolk and call upon all citizens, government agencies, public and private institutions, businesses, and schools to recommit our community to increasing awareness and understanding of depression, reducing stigma and discrimination, and promoting appropriate and accessible services for all people with mental illnesses.

Given under my hand this 28th day of September 2017.



Kenneth Cooper Alexander, MAYOR

