



Text File

Introduced: 2/20/2023

Bill No: 2023-1261, **Version:** 1

Committee: City Council

Status: Adopted

WHEREAS, depression is the most common form of mental illness impacting nearly 1 in 10 Americans; and,

WHEREAS, according to the American Stroke Association symptoms of depression can include ongoing sad, anxious, or vacant mood, along with feelings of hopelessness, pessimism, guilt, worthlessness, or helplessness that can impair one's physical and cognitive functioning; and

WHEREAS, clinical depression can strike individuals from all backgrounds and economic statuses, including some of the most outwardly successful and highly-functioning members of society; and,

WHEREAS, according to Mental Health America, the risk of clinical depression is often higher in individuals with serious medical illnesses; and,

WHEREAS, in particular, nearly 1 in 3 stroke survivors experience depression due to biochemical changes in the brain or a reaction to losses from a stroke; and,

WHEREAS, nearly 60% of individuals with depression do not seek professional support; and,

WHEREAS, unwillingness or delay in seeking mental health treatment can be attributed to but not limited to a variety of factors, including fear, shame, inability to afford treatment, being uninsured, or not knowing where to go for services; and,

WHEREAS, prominent leaders can play a significant role in breaking stigmas surrounding depression by encouraging discussion around the condition and providing assurance that seeking help is a sign of wisdom and courage; and,

WHEREAS, U. S. Senator John Fetterman of Pennsylvania is navigating his first term as U.S. Senator while in recovery following a stroke on May 13, 2022, that has left him with physical, cognitive, and emotional challenges; and,

WHEREAS, the office of Senator Fetterman announced on February 16, 2023, that Senator Fetterman had checked himself into Walter Reed National Military Medical Center to seek treatment for clinical depression; and,

WHEREAS, the Senator's candidness about seeking treatment for his condition sets a powerful example to all individuals who may be experiencing fear or shame when it comes to asking for help; and,

WHEREAS, the Council of the City of Pittsburgh extends its fullest support to Senator Fetterman while he

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receives treatment for his clinical depression following his stroke; and,

WHEREAS, the welfare of the Commonwealth is inseparable from the physical, spiritual, and mental well-being of its citizens; and

NOW THEREFORE BE IT RESOLVED, that the Council of the City of Pittsburgh recognizes that it is a sign of immense strength, wisdom, and courage for Senator Fetterman to openly seek help for his clinical depression; and,

BE IT FURTHER RESOLVED, that the Council of the City of Pittsburgh hereby issues this Will of Council in support of Senator Fetterman and all individuals struggling with mental health, and encourages them to unapologetically seek help, and commits to expanding mental health resources throughout our city.