

# **PROCLAMATION**

## **Mental Health Month – May, 2019**

WHEREAS, mental health is essential to everyone’s overall health and well-being; and

WHEREAS, mental illnesses are real and prevalent in our nation, and half of us will have a mental health diagnosis at some point in our lives; and

WHEREAS, all Americans experience times of difficulty and stress in their lives, and should feel comfortable in seeking help and support to manage these times; and

WHEREAS, engaging in prevention, early identification, and early intervention are effective ways to reduce the burden of mental illnesses as they reduce the burden of other chronic conditions; and

WHEREAS, there is a strong body of research that identifies behavioral risks and supports specific tools that all Americans can use to better handle challenges, and protect their health and well-being; and

WHEREAS, with effective treatment, all individuals with mental illness-even serious mental illnesses- can make progress toward recovery and lead full, productive lives; and

WHEREAS, each business, school, government agency, healthcare provider, organization and citizen has a responsibility to promote mental health and wellbeing for all,

**THEREFORE, the Hardin County Board of Supervisors hereby proclaims May 2019 as Mental Health Month in Hardin County.** The Board of Supervisors calls upon all citizens, government agencies, public and private institutions, businesses, and schools in Hardin County to recommit to increasing awareness and understanding of mental health, and the need for appropriate and accessible services for all people who have mental illnesses.

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Chair, Board of Supervisors

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Date