

## **MENTAL HEALTH AWARENESS MONTH**

**May, 2021**

- WHEREAS, mental health is part of an individual's overall health; and
- WHEREAS, mental health helps to sustain an individual's thought processes, relationships, productivity and ability to adapt to change or face adversity; and
- WHEREAS, mental illness adversely affects those abilities and often is life-threatening in nature; and
- WHEREAS, one in four adults experiences mental health problems in any given year and such problems can contribute to onset of mental illness; and
- WHEREAS, one in seventeen 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, long delays - sometimes decades - often occur between the time symptoms first appear and when individuals get help; and
- WHEREAS, early identification and treatment can make a profound difference in successful management of mental illness and recovery; and
- WHEREAS, it is important to maintain mental health and learn the symptoms of mental illness in order to get help when it is needed; 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; and
- WHEREAS, public education and civic activities can encourage mental health and help improve the lives of individuals and families affected by mental illness.

**NOW, THEREFORE, BE IT RESOLVED THAT**, the Board of Mesa County Commissioners proclaim the month of May, 2021, as MENTAL HEALTH AWARENESS MONTH in Mesa County to increase public understanding of the importance of mental health and to promote identification and treatment of mental illnesses.

**IN WITNESS WHEREOF**, we hereunto set our hands and cause to be affixed the official seal of Mesa County this 17th day of May, 2021.

**MESA COUNTY BOARD OF COMMISSIONERS**

**Janet Rowland**

**Scott McInnis**

**Cody Davis**