

# PROCLAMATION

## Designating the Month of May, 2018, as Mental Health Awareness Month

**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, one in four adults experiences mental health problems in any given year, and such problems can contribute to onset of mental illness; and,

**WHEREAS**, 12 youths, ages 11 to 24 years old, commit suicide every day in the United States; and, in 2016, there were 29 suicides in Indian River County, or 14 suicides per 100,000 residents; and,

**WHEREAS**, one in 17 adults live with mental illness such as major depression, bipolar disorder, or schizophrenia; and, 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, 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, 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 PROCLAIMED BY THE BOARD OF COUNTY COMMISSIONERS, INDIAN RIVER COUNTY, FLORIDA** that the month of May, 2018, be designated as Mental Health Awareness Month in Indian River County, Florida in order to increase public understanding of the importance of mental health, and to promote identification and treatment of mental illnesses.

Adopted this 1st day of May, 2018

**BOARD OF COUNTY COMMISSIONERS  
INDIAN RIVER COUNTY, FLORIDA**

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Bob Solari, Vice Chairman

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