

# PROCLAMATION

## Designating the Month of May, 2021 As Mental Health Awareness Month

**WHEREAS**, mental health is part of overall health; and helps to sustain an individual's relationships, productivity and ability to adapt to ever changing situations; and

**WHEREAS**, 44 million adults, roughly 18 percent are living with a mental health illness. 13 percent of youth, aged 12-17 are living with major depression; and

**WHEREAS**, in 2020, COVID-19 depression, anxiety and substance abuse doubled from the previous year's finding of one in five adults to two in five adults who are dealing with mental health issues, roughly translating from 20 percent of adults to 40 percent of adults needing mental health services; and

**WHEREAS**, long delays often occur between the time symptoms first appear and when individuals get help, therefore, early identification and treatment can make a profound difference in successful management of mental illness and recovery; 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 PROCLAIMED BY THE BOARD OF COUNTY COMMISSIONERS, INDIAN RIVER COUNTY, FLORIDA** that the month of May, 2021, 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 4th day of May, 2021.

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

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Joseph E. Flescher, Chairman

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