PROCLAMATION
Designating the Month of May, 2019, as Mental Health Awareness Month

WHEREAS, mental health is part of 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

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 17 adults lives 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 PROCLAIMED BY THE BOARD OF COUNTY COMMISSIONERS, INDIAN RIVER COUNTY, FLORIDA that the month of May, 2019, 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 14th day of May, 2019

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

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Bob Solari, Chairman

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Susan Adams, Vice Chairman

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Joseph E. Flescher

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Tim Zorc

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