

PROCLAMATION
Designating the Month of May, 2020
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, one in four adults experiences mental health problems; and

WHEREAS, one in 17 adults lives 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 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, 2020, 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 5th day of May, 2020.

BOARD OF COUNTY COMMISSIONERS
INDIAN RIVER COUNTY, FLORIDA

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