

# Proclamation

## Recognizing Mental Health Awareness Month May 2024

*Whereas*, mental health is key to overall wellness, as mental health influences decision making, behavior, and consequently, physical health; and

*Whereas*, nationally, 1 in 4 adults suffers from a diagnosable mental health disorder in any given year, and in Florida, 63% of those adults did not receive treatment in the past year; and

*Whereas*, a growing number of youth in the United States experience feelings of anxiety, hopelessness, and sadness, and, in fact, about 20% of all teens suffer from depression before they reach adulthood; and

*Whereas*, in 2024, more than 17% of children and adults continue to lack adequate medical insurance coverage for essential mental health services, and Florida is ranked 46<sup>th</sup> out of 50 states with access to mental health care; and

*Whereas*, social stigma, financial barriers, and limited awareness are the primary obstacles to getting help and, as community leaders, we must prepare for an increase in demand on services through education, outreach, and ever greater access to care to ensure our community's overall health; and

*Whereas*, it is the duty of each and every one of us to provide continued and consistent access to mental health care resources; and

*Whereas*, the Commissioners of Indian River County strive to promote a community who supports mental wellness, including greater access to treatment, increasing educational tools and resources for our citizens, and continually supporting those citizens with mental health opportunities.

*Now, therefore, be it proclaimed by the Board of County Commissioners of Indian River County, Florida*, that the Board recognizes May 2024 as **Mental Health Awareness Month**.

Adopted this 7th day of May, 2024.

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

\_\_\_\_\_  
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