

Proclamation

“Mental Health Awareness Month” May 2022

Whereas, mental health is an essential part of our lives and the need to focus on mental health increased due to recent events. During the first year of COVID-19, there was a 25% increase of anxiety and depression amongst the global population; and,

Whereas, in the US alone, more than 50% of us will be diagnosed with at least one out of the 200 types of mental illnesses or disorders at some point in our lives. That is one in five Americans experiencing this in their lives; and,

Whereas, one in five children either currently, or at some point during their life, will have a seriously debilitating mental illness; and,

Whereas, every eleven minutes, a life is taken by suicide. Ninety percent of those lives suffered from a mental disorder; and,

Whereas, in those eleven minutes, a simple conversation could change that statistic miraculously. Even though our awareness has heightened since the pandemic, there are still people around the world who are unable to access help due to technological barriers, or lack of support and acknowledgement; and,

Whereas, we must stay informed, aware, and supportive of our neighbors. We must initiate the question, “How are you?”, and take the time to listen with full intent. We must raise awareness by establishing our presence; and,

Whereas, Adams County’s A-Proud affinity groups, led by employees, provide a shared space for support, a greater sense of connection and community, and promote positive mental health within the foundation of Adams County; and,

Whereas, May is a dedicated month of asking more questions, being present, and educating ourselves and others on the importance of mental health. We must continue the conversation and extend our empathy with those in need. We must advise those within and those surrounding our community to do the same, long after the month of May has ended; and,

Whereas, by shedding a light on mental health, we break negative stigma, educate the public, become confident in our awareness, and become stronger versions of ourselves. In doing so, we help those in and around the Adams County community who are still struggling.

Now Therefore, Be it Resolved, that the Adams County Board of Commissioners, of the County of Adams, State of Colorado, proclaims May 2022 as

“Mental Health Awareness Month”

In witness whereof, we have set our hands and caused the seal of the county to be affixed May 3, 2022.

REFERENCES:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6165520/>

<https://www.cdc.gov/mentalhealth/learn/index.htm>