

Proclamation

Mental Health Awareness Month May 2023

Whereas, Mental Health Awareness Month has been observed in May in the United States since 1949, and was first commemorated by the Mental Health America organization. The month is observed with media, local events, and film screenings; and,

Whereas, in the United States alone, approximately 46% of us will meet the criteria for a diagnosable mental health condition at some point in our lifetime. That is nearly one in five Americans experiencing this in any given year; and,

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

Whereas, every 11 minutes, a life is taken by suicide. Ninety percent of those lives suffered from a mental disorder; and,

Whereas, in those 11 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, the focus this year is on how surroundings impact mental health and are asking for individuals to look around and to look within. Topics being addressed include Safe & Stable Housing, Healthy Home Environments, Neighborhoods & Towns, the Outdoors & Nature. The goal is to help individuals understand how these topics impact mental health, provide tips for actions people can take to change their surroundings in favor of their well-being, and recommend suggestions for coping skills; 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, we educate the public, we become confident in our awareness, and we 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 Board of County Commissioners, of the County of Adams, State of Colorado, proclaims May 2023 as **Mental Health Awareness Month**.