The County of Centre

PROCLAMATION

NUMBER 11 OF 2019

WHEREAS, mental health is a key component of everyone's overall physical health and emotional well-being; and

WHEREAS, 18.5% of the nation's population, approximately 43 million people, experiences mental illness, that includes major depressive disorder, schizophrenia, and/or bipolar disorder; and

WHEREAS, mood disorders are the third most common cause of hospitalization in the United States for youth and ages 18 to 44 years old; and

WHEREAS, untreated mental illness leads to greater numbers of emergency department visits, hospitalizations, school drop-outs, and suicides; and

WHEREAS, increased focus on the prevention of mental health conditions and substance use disorders among children and adolescents through screening and early intervention helps improve lives; and

WHEREAS, feelings of personal shame and fears of social discrimination prevent many living with mental illness from seeking help; and

WHEREAS, people with lived experience of mental illness and/or substance use disorders get better, live in recovery, and provide invaluable knowledge of how to improve and transform systems of care; and

WHEREAS we strive to create communities that support mental wellness by increasing access to treatment, educating ourselves and our communities about mental wellness, and supporting our fellow citizens as they seek to improve their mental health.

NOW, THEREFORE BE IT RESOLVED, the Centre County Board of Commissioners does hereby proclaim the month of **May 2019** as **"Mental Health Awareness Month"** in Centre County and urges citizens of Centre County who are afflicted by a mental illness to seek one of the many successful mental health services available here in Centre County.

ADOPTED this 30th day of April 2019.

CENTRE COUNTY BOARD OF COMMISSIONERS

Michael Pipe

Michael Pipe, Chair

Mark Higgins

Mark Higgins, Vice- Chair

Steven Dershem

Steven G. Dershem

ATTEST:

Margaret N. Gray

Margaret N. Gray, Administrator