**Proclamation**

**WHEREAS**, mental health is part of overall health; and

**WHEREAS**, mental health sustains individual’s thought processes, relationships, productivity, and ability to adapt to change; and

**WHEREAS**, one in five adults experience a mental illness, and one in twenty-five adults live with a serious mental illness; and

**WHEREAS**, roughly one in five youth ages 13 to 18 live with a mental health condition – half develop the condition by age 14; and

**WHEREAS**, early identification and treatment can make a difference in successful management of mental illness and recovery; and

**WHEREAS**, it is important to maintain mental health and to recognize the symptoms of mental illness and seek help when it is needed; and

**WHEREAS**, every citizen and community can help end the silence and stigma surrounding mental illness; and

**WHEREAS**, through public education and civic activities, Virginia remains engaged in the promise to address the challenges facing people with mental illness; and

**WHEREAS**, Mental Health Awareness Month is an opportunity to increase public understanding of the importance of mental health and to promote the identification and treatment of mental illness;

**NOW, THEREFORE,**I,  *NAME* , *POSITION* of *NAME OF LOCALITY* do hereby proclaim:

**May 2020**

**Mental Health Awareness Month**

**I FURTHER PROCLAIM:**

**May 7, 2020**

**Children’s Mental Health Awareness Day**

and call upon the citizens, government agencies, public and private institutions, businesses and schools to recommit our community to increasing awareness and understanding of mental health, the steps our citizens can take to protect their mental health, and the need for appropriate and accessible services.