PROCLAMATION
MENTAL HEALTH AWARENESS MONTH
MAY 2019

WHEREAS, mental health is essential to everyone's overall health and well-being and mental health conditions are real and prevalent in our nation; all Americans experience times of difficulty and stress in their lives; and

WHEREAS, suicide is the 2nd leading cause of death for people aged 10-34, and is the 10th leading cause of death for people of all ages in the United States; Martin County reported 26 suicides in 2017; and

WHEREAS, prevention is an effective way to reduce the burden of mental health conditions and with effective treatment, individuals with mental health conditions can recover and lead full, productive lives; and

WHEREAS, there is strong research that animal companionship, humor, spirituality, religion, recreation, social connections, and work-life balance can help all Americans protect their health and well-being; and

WHEREAS, each business, school, government agency, healthcare provider, organization and citizen shares the burden of mental health problems and has a responsibility to promote mental wellness and support prevention efforts.

NOW, THEREFORE, I, REBECCA S. BRUNER, Mayor of the City of Stuart, Florida do hereby proclaim May 2019, as

MENTAL HEALTH MONTH

in the City of Stuart, Florida and urge our citizens 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 for all people with mental illnesses at all stages.

IN WITNESS WHEREOF, I have hereunto set my hand and caused the seal of the City of Stuart, Florida to be affixed this 22nd day of April, 2019.

ATTEST:

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REBECCA S. BRUNER
MAYOR