PROCLAMATION
MENTAL HEALTH AWARENESS MONTH
MAY 2019

WHEREAS, mental health is part of overall health and helps to sustain an individual's thought processes, relationships, productivity, ability to adapt to change or face adversity and mental illness adversely affects those abilities; and

WHEREAS, one in four adults experiences mental health problems in any given year which can contribute to the onset of mental illness and one in seventeen adults live with mental illness such as major depression, bipolar disorder or schizophrenia. Approximately one-half of chronic mental illness begins by the age of 14 and three-quarters by age 24; and

WHEREAS, long delays, sometimes decades often occur between the time symptoms first appear and when individuals get help. Early identification and treatment can make a profound difference in successful management of mental illness and recovery; and

WHEREAS, every citizen and community can make a difference in helping end the silence and stigma that for too long has surrounded mental illness and discouraged people from getting help. It is important to maintain mental health and learn the symptoms of mental illness in order to get help when it is needed; and

WHEREAS, public education and civic activities can encourage mental health and help improve the lives of individuals and families affected by mental illness.

NOW, THEREFORE, I, Rebecca S. Bruner, as Mayor of the City of Stuart, Florida do hereby proclaim the month of May 2019, as

MENTAL HEALTH AWARENESS MONTH

in the City of Stuart, Florida in order to increase public understanding of the importance of mental health and to promote identification and treatment of mental illness.

IN WITNESS WHEREOF, I have hereunto set my hand and caused the seal of the City of Stuart, Florida to be affixed this 13th day of May, 2019.

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REBECCA S. BRUNER
MAYOR