

Proclamation

“Mental Health Awareness Month” May 2021

Whereas, mental health is essential to our overall health, and the importance of tending to mental health has become even more pronounced during the COVID-19 pandemic, which has negatively impacted many people’s mental health and created barriers to treatment; and,

Whereas, nearly one in five American adults experience a mental illness and nearly one in 25 American adults live with a serious mental illness - 10 million total; and those individuals are our family, friends, classmates, neighbors, and coworkers; and,

Whereas, ninety percent of those who die by suicide have an underlying mental illness; and,

Whereas, May is dedicated to raising awareness and educating the public about mental health, the realities of living with mental illness, and strategies for attaining mental health and wellness. The stigma surrounding mental health is a common problem that affects whether people seek treatment; and,

Whereas, we strive for greater public awareness regarding mental health, which can change negative attitudes and behaviors toward people with mental illness.

Now Therefore, Be It Resolved, that the Board of County Commissioners, of the County of Adams, State of Colorado, proclaims May 2021 as

“Mental Health Awareness Month”

and urges all residents to work together to raise awareness and understanding of mental health, reduce stigma and discrimination, and promote accessible services for all people with mental illness now and in the future.

In witness whereof, we have set our hands and caused the seal of the county to be affixed May 11, 2021