

**Before the Board of County Commissioners
Martin County, Florida**

A Proclamation

Declaring Mental Health Awareness Month in Martin County, Florida

- Whereas,** mental health is part of overall health, helping to sustain an individual's thought processes, relationships, productivity and ability to adapt to change or face adversity, and mental illness adversely affects those abilities; and
- Whereas,** whereas one in four adults experiences mental health problems in any given year and such problems can contribute to the onset of mental illness; and
- Whereas,** one in 17 adults lives with mental illness such as major depression, bipolar disorder or schizophrenia; and
- Whereas,** approximately one-half of chronic mental illness begins by the age of 14 and three-quarters by age 24; and
- Whereas,** 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; 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, be it proclaimed by the Martin County Board of County Commissioners that the month of May 2019 is recognized as Mental Health Awareness Month in Martin County to increase public understanding of the importance of mental health and to promote identification and treatment of mental illnesses.

Presented this ??? Day of ??? 2019

ATTEST:

BOARD OF COUNTY COMMISSIONERS

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CIRCUIT COURT AND COMPTROLLER

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