



BY THE GOVERNOR OF THE STATE OF GEORGIA

A PROCLAMATION

MENTAL HEALTH AWARENESS MONTH

- WHEREAS:** Mental health includes our emotional, psychological, and social well-being; it affects how we think, feel, and act; it also affects how we handle stress, relate to others, and make choices; and
- WHEREAS:** Mental health allows us to maintain relationships, take care of ourselves and our families, take care of our physical bodies, and respond and adapt to daily life changes; and
- WHEREAS:** 1 in 5 adolescents have had a serious mental health disorder at some point in their life; and
- WHEREAS:** 50% of all mental health disorders begin by age 14, and 75% of all mental health disorders begin by the mid-20's; and
- WHEREAS:** Suicide is the second leading cause of death amongst people age 10-34 and the 10th leading cause of death in the United States; and
- WHEREAS:** A lack of mental health awareness leads to devastating impacts on the wellbeing of individuals and society; and
- WHEREAS:** The COVID-19 pandemic has significantly contributed to declining levels of mental health in children, teens, and adults in the state of Georgia; and
- WHEREAS:** Evidence-based mental and behavioral health training teaches adults how to recognize signs and symptoms of mental health and substance use problems in youth and provides adults with skills to use a 5-step action plan to help youth who may be facing a mental health problem or crisis such as suicide; and
- WHEREAS:** Teen Mental Health First Aid trainings are proven to reduce stigma and teach students to help their friends who may be facing a mental health problem or crisis, such as suicide; now
- THEREFORE:** I, BRIAN P. KEMP, Governor of the State of Georgia, do hereby proclaim May 2021 as MENTAL HEALTH AWARENESS MONTH in Georgia.

In witness thereof, I have hereunto set my hand and caused the Seal of the Executive Department to be affixed this 28th day of April in the year of our Lord, Two Thousand and Twenty-One.



B. Kemp

GOVERNOR

ATTEST

Martha Kipparich

CHIEF OF STAFF