



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:** Mental health disorders commonly begin during adolescence, with a large amount of young people reporting having a serious mental health disorder at some point in their life. Suicide is one of the leading causes of death for individuals ages 10-34 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:** 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; and
- WHEREAS:** During Mental Health Awareness Month and throughout the year, The State of Georgia is committed to ending stigmas surrounding mental health and promoting solutions to the mental health struggles of Georgians in every corner of the state; now
- THEREFORE:** I, BRIAN P. KEMP, Governor of the State of Georgia, do hereby proclaim May 2024, 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 27th day of March in the year of our Lord, Two Thousand and Twenty-Four.

GOVERNOR

ATTEST

CHIEF OF STAFF

