

PROCLAMATION



May 2019

Mental Health Awareness Month
Sussex County, Virginia

WHEREAS, mental health is part of overall health; and

WHEREAS, mental health sustains an individual's thought processes, relationships, productivity, and ability to adapt to change; and

WHEREAS, one in twenty-five adults live with mental illness, such as major depression, bipolar disorder, or schizophrenia; and

WHEREAS, roughly one-half of chronic mental illness begin by the mid-teens and three-fourths by the mid-20s; and

WHEREAS, early identification and treatment can make a difference in successful management of mental illness and recovery; and

WHEREAS, it is important to maintain mental health and to recognize the symptoms of mental illness and seek help when it is needed; and

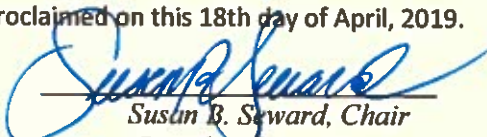
WHEREAS, every citizen and community can help end the silence and stigma surrounding mental illness; and

WHEREAS, through public education and civic activities, Virginia remains engaged in the promise to address the challenges facing people with mental illness; and

WHEREAS, Mental Health Awareness Month is an opportunity to increase public understanding of the importance of mental health and to promote the identification and treatment of mental illness;

NOW THEREFORE, the Sussex County Board of Supervisors do hereby recognize May 2019 as **MENTAL HEALTH AWARENESS MONTH**, in **SUSSEX COUNTY** and call this observance to the attention of all our citizens.

Proclaimed on this 18th day of April, 2019.


Susan B. Seward, Chair
Board of Supervisors


Keith C. Blowe, Vice-Chairman
Board of Supervisors