

State of North Carolina

ROY COOPER
GOVERNOR

MENTAL HEALTH AWARENESS MONTH

2017

BY THE GOVERNOR OF THE STATE OF NORTH CAROLINA

A PROCLAMATION

WHEREAS, Mental Health Awareness Month is part of a nationwide effort in the month of May to reduce the stigma and discrimination surrounding mental health challenges, and to increase awareness of tools and resources to prevent such challenges and reduce the symptoms; and

WHEREAS, one in four adults experiences mental health problems in any given year, and one in 16 adults experiences serious mental illness; and

WHEREAS, mental health is part of overall health and helps to sustain an individual's thought processes, relationships, productivity, and ability to adapt to change or face adversity; however, we too often think about mental health differently than other health issues; and

WHEREAS, like other diseases, mental illnesses can be successfully treated; we must build an open dialogue that encourages support and respect for those struggling with mental illness; and

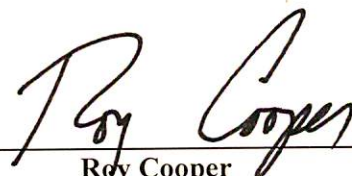
WHEREAS, a combination of medications, therapy, and recovery supports are highly effective, allowing people to maintain their quality of life and involvement with their families and communities; and

WHEREAS, the National Alliance on Mental Health, North Carolina (NAMI NC) serves individuals and families living with mental illness, and has requested that the state of North Carolina make this designation—for more information on how you can get involved, please visit www.naminc.org; and

WHEREAS, the State of North Carolina encourages all citizens to recommit our community to increase awareness and understanding of mental illness, improve the array of mental health services for consumers of all ages, expand the supply of affordable housing for people living with mental illness, and ensure that those who are struggling know they are not alone;

NOW, THEREFORE, I, ROY COOPER, Governor of the State of North Carolina, do hereby proclaim May, 2017, as "**MENTAL HEALTH AWARENESS MONTH**" in North Carolina, and commend its observance to all citizens.





Roy Cooper
Governor

IN WITNESS WHEREOF, I have hereunto set my hand and affixed the Great Seal of the State of North Carolina at the Capitol in Raleigh this thirtieth day of May in the year of our Lord two thousand and seventeen and of the Independence of the United States of America the two hundred and forty-first.