



State of North Carolina

ROY COOPER
GOVERNOR

CHILDREN'S MENTAL HEALTH AWARENESS WEEK

AND

CHILDREN'S MENTAL HEALTH AWARENESS DAY

2021

BY THE GOVERNOR OF THE STATE OF NORTH CAROLINA

A PROCLAMATION

WHEREAS, addressing the complex mental health needs of children, youth, and families today is fundamental to the future of North Carolina; Children's Mental Health Awareness Week and Day highlight the importance of every child's mental health and reinforce how vital positive mental health is to development; and

WHEREAS, healthy social-emotional development and mental health are essential early foundations to ensure the best outcomes for our children's health, well-being, and education; and

WHEREAS, the United States Department of Health and Human Services has identified that 1 in 5 of our state's 2.2 million children lives with a mental health condition, and the North Carolina Center for State Health Statistics data report that suicide is the second leading cause of death for children ages 10-17 in our state; and

WHEREAS, research shows it is important to seek help early and get effective treatment for trauma, mental health challenges, and substance use disorders among children and adolescents, and provide them quality opportunities to lead resilient, healthy, and productive lives; and

WHEREAS, children with mental health challenges and their families benefit from access to timely services, support, and crisis response systems that are family-driven, youth-guided, and culturally appropriate; they also benefit from the integrated behavioral health in the health care, education, child welfare, and juvenile justice systems; and

WHEREAS, it is important that children and adolescents, along with their families, schools, and communities, learn about warning signs of suicide, anxiety, depression, and other mental health and substance use disorders and where to obtain necessary assistance and treatment; and

WHEREAS, there is no single cause for suicide, and deaths by suicide are preventable; a combination of effective strategies for coping with stress, safety planning, and reducing access to lethal means must be a part of routine health and behavioral health care for our children; and

WHEREAS, the State of North Carolina is demonstrating its commitment to children's mental health through the Early Childhood Action Plan, which prioritizes measuring and acting in support of children's emotional health, resilience, and well-being, and recommends strategies to provide more young children and their families the mental health supports they need;

NOW, THEREFORE, I, ROY COOPER, Governor of the State of North Carolina, do hereby proclaim May 2 – 8, 2021, as "CHILDREN'S MENTAL HEALTH AWARENESS WEEK" and May 7, 2021 as "CHILDREN'S MENTAL HEALTH AWARENESS DAY" 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 twenty-eighth day of April in the year of our Lord two thousand and twenty-one and of the Independence of the United States of America the two hundred and forty-fifth.