



State of North Carolina

ROY COOPER
GOVERNOR

MENTAL HEALTH AWARENESS MONTH

2021

BY THE GOVERNOR OF THE STATE OF NORTH CAROLINA

A PROCLAMATION

WHEREAS, Mental Health Awareness Month is part of a nationwide effort to raise awareness of mental health illnesses, reduce the stigma and discrimination surrounding mental health, and to increase awareness of tools and resources to prevent such challenges and promote recovery; and

WHEREAS, 1 in 5 adults experiences a mental health illness in any given year, and 1 in 25 adults experiences serious mental illness; and

WHEREAS, the COVID-19 pandemic has exacerbated mental health needs with 40 percent of Americans reporting that they have experienced an increase in mental health and substance use conditions since the onset of the pandemic in March 2020; 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 impacting an individual's physical health, mental illness has ramifications on a person's well-being, productivity, relationships, and community involvement, and should be considered and treated with the same care and significance as other health conditions; and

WHEREAS, while mental illnesses can be successfully treated, 60 percent of adults nationwide do not receive the treatment necessary for their mental health; and

WHEREAS, building an open dialogue that encourages support and respect for those living with mental illness is critical to combatting stigma and discrimination; and

WHEREAS, the National Alliance on Mental Health, North Carolina (NAMI NC) is among the many organizations that serve individuals and families living with mental illness in our communities; and

WHEREAS, the North Carolina Division of Mental Health, Developmental Disabilities, and Substance Abuse Services continues to adopt best practices to support mental health awareness and recovery; find more information on the array of services available at ncdhhs.gov/divisions/mhddsas; and

WHEREAS, the State of North Carolina encourages all people to recommit to increase awareness and understanding of mental illness, improve the array of mental health services for people of all ages, expand the use of peer services, and work to eradicate stigma 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, 2021, 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 twenty-seventh 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.