



State of North Carolina

ROY COOPER
GOVERNOR

CHILDREN'S MENTAL HEALTH AWARENESS WEEK

AND

CHILDREN'S MENTAL HEALTH AWARENESS DAY

2023

BY THE GOVERNOR OF THE STATE OF NORTH CAROLINA

A PROCLAMATION

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 addressing the complex mental health needs of children, youth and families today is vital; 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 10-18 in our state; and the third leading cause for ages 19 - 34; and

WHEREAS, research shows it is crucial 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 essential 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 have access to 988 or chat 988 on lifeline.org, formally known as the National Suicide Prevent Hotline, from the Federal Communication Commission; 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 and recommends collaboration and strategies to provide more children, youth, 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 6 – 13, 2023, as “**CHILDREN'S MENTAL HEALTH AWARENESS WEEK**” and May 11, 2023, 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 eighth day of May in the year of our Lord two thousand and twenty-three and of the Independence of the United States of America the two hundred and forty-seventh.