

RESOLUTION NUMBER #21-30

A RESOLUTION OF THE BOARD OF SUPERVISORS OF WAYNE COUNTY APPROVING MENTAL HEALTH MONTH 2021

WHEREAS, mental health is essential to everyone's overall health and well-being; and

WHEREAS, Mental Health America reports that 9.7% of youth have severe major depression. This rate was highest among youth who identify as more than one race, at 12.4%. Even before COVID-19, the prevalence of mental health illness among adults was increasing, an increase of 1.5 million people over last year's data. In addition, Mental Health America, from January 2020 to September 2020, there was a reported 93% increase in anxiety screenings and 62% increase in depression screenings; and

WHEREAS, education is an effective way to reduce the stigma of mental health illnesses; and

WHEREAS, mental health illnesses are real and prevalent in our county regardless of socioeconomic boundaries; and

WHEREAS, we encourage our citizens to get help for mental health illnesses and to understand it is as important to treat as any other illness, such as diabetes or heart disease; and

WHEREAS, each business, school, government agency, healthcare provider, organization and citizen shares the burden of mental health illnesses and has a responsibility to promote mental wellness and support prevention efforts; and

WHEREAS, through increased awareness, we can achieve our goal to abandon negative stigmatism and reinforce our acceptance of individuals seeking treatment; then

THEREFORE, I **David Dotts**, Chair **Wayne County Board of Supervisors**, do hereby proclaim May 2021 as Mental Health Month in County, Iowa. As the Chair, I also call upon the citizens, government agencies, public and private institutions, businesses and schools of **Wayne County**, Iowa to recommit our community to increasing awareness and understanding of mental health, the steps our citizens can take to protect their mental health, and the need for appropriate and accessible services for all people with mental illnesses at all stages.

AUTHORIZED BY THE WAYNE COUNTY BOARD OF SUPERVISORS ON THIS THE **17** DAY OF **MAY 2021**.

Signed by:



Chair, Wayne County Board of Supervisors

Attested by:



Auditor, Wayne County