

WHEREAS, mental health is part of overall health, sustaining an individual's thought processes, relationships, productivity and ability to adapt to change or face adversity; and

WHEREAS, mental illness adversely affects those abilities and often is life-threatening in nature; and

WHEREAS, one in four adults experience mental health problems in any given year and such problems can contribute to onset of mental illness. 11.4 youth to age 24 commit suicide every day in the United States and St. Lucie County has a 15.2 percentage annual statewide suicide rate; and

WHEREAS, 11.4 youth to age 24 commit suicide every day in the United States and St. Lucie County has a 15.2 percentage annual statewide suicide rate. One in 17 adults live with mental illness such as major depression, bipolar disorder or schizophrenia; and

WHEREAS, one-half of patients with chronic mental illness begins by the age of 14 and three-quarters by age 24. Long delays, sometimes decades, often occur between the time symptoms first appear and when individuals get help; and

WHEREAS, early identification and treatment can make a profound difference in successful management of mental illness and recovery. It is important to maintain mental health and learn the symptoms of mental illness in order to get help when it is needed; and

WHEREAS, every citizen and community can make a difference in helping end the silence and stigma that for too long has surrounded mental illness and discouraged people from getting help; and

WHEREAS, public education and civic activities can encourage mental health and help improve the lives of individuals and families affected by mental illness.

NOW, THEREFORE, I Linda Hudson, Mayor of the City of Fort Pierce, Florida, do hereby proclaim the month of May, 2015, as:

## *Mental Health Awareness Month*

in the City of Fort Pierce to increase public understanding of the importance of mental health and to promote identification of treatment of mental illness.

IN WITNESS WHEREOF, I have hereunto set my hand and caused the official Seal of the City of Fort Pierce, Florida, to be affixed this 4th day of May, 2015.

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MAYOR COMMISSIONER