

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

WHEREAS, all Americans experience times of difficulty and stress in their lives, and should feel comfortable in seeking help and support to manage these times; and

WHEREAS, suicide is the second leading cause of death for young people ages 10 to 34, and those numbers increase exponentially within marginalized populations. Yet stigma continues to prevent open discourse and problem solving; and

WHEREAS, there is strong research that animal companionship, humor, spirituality, religion, social connections, and work-life balance can help all Americans protect their health and well-being; and

WHEREAS, engaging in prevention, early identification, and early intervention are effective ways to reduce the burden of mental illnesses and of other chronic conditions; and

WHEREAS, addressing these issues, engaging the community and providing sound information help build a strong foundation for a healthy tomorrow.

NOW, THEREFORE, I, Linda Hudson, Mayor of the City of Fort Pierce, Florida, do hereby proclaim the month of May 2019, as:

Mental Health Awareness Month

and urge all citizens, government agencies, public and private institutions, businesses and schools in Fort Pierce to recommit our community to increasing awareness and understanding of mental health, the steps our citizens can take to protect mental health and the need for appropriate and accessible services for all people with mental illnesses at all stages.

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 6th day of May, 2019.

MAYOR/COMMISSIONER