

Proclamation

by Governor Jim Justice

- Whereas,** Mental health includes our emotional, psychological, and social well-being; it affects how we think, feel, and act; it also affects how we handle stress, relate to others, and make choices; and
- Whereas,** mental health allows us to maintain relationships, take care of ourselves and our families, take care of our physical bodies, and respond and adapt to daily life changes; and
- Whereas,** 1 in 5 adolescents have had a serious mental health disorder at some point in their life; and
- Whereas,** 50% of all mental health disorders begin by age 14 and 75% of all mental health disorders begin by the mid-20's; and
- Whereas,** suicide is the second leading cause of death amongst people aged 10 – 34 and the 10th leading cause of death in the United States; and
- Whereas,** a lack of mental health awareness leads to devastating impacts on the wellbeing of individuals and society; and
- Whereas,** the COVID-19 pandemic has significantly contributed to declining levels of mental health in children, teens, and adults in the state of West Virginia; and
- Whereas,** evidence-based mental and behavioral health training teaches adults how to recognize signs and symptoms of mental health and substance use challenges in youth and adults and provides skills to use a 5-step action plan to help someone who may be facing a mental health challenge or crisis, such as suicide; and
- Whereas,** teen Mental Health First Aid trainings are proven to reduce stigma and teach teens how to identify, understand and respond to signs of mental health and substance use challenges among their friends and peers.

Now, Therefore, Be it Resolved that I, Jim Justice, Governor of the Great State of West Virginia, do hereby proclaim *May 2022* as:


Mental Health Awareness Month

call upon citizens, counties, organizations, health care providers, and schools to raise mental health awareness, provide age-appropriate mental health education and training, and continue helping West Virginia citizens live longer, healthier lives.


In Witness Whereof, I have hereunto set my hand and caused the Great Seal of the State of West Virginia to be affixed.

Done at the Capitol, City of Charleston, State of West Virginia, this the Twenty-second day of April, in the year of our Lord, Two Thousand Twenty-Two, and in the One Hundred Fifty-Ninth year of the State.




Jim Justice
Governor

By the Governor:


Mac Warner
Secretary of State