

# 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,** 50% of all mental health disorders begin by age 14 and 75% of all mental health disorders begin by the mid-20s; and
- Whereas,** 1 in 4 adolescents aged 12 to 17 have had a substance use disorder or a major depressive episode in the past year; 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,** 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 2023* as:

### *Mental Health Awareness Month*

in the Mountain State and encourage all citizens to join me in this observance.


**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-sixth day of April, in the year of our Lord, Two Thousand Twenty-Three, and in the One Hundred Sixtieth year of the State.



  
Jim Justice  
Governor

*By the Governor:*

  
Mac Warner  
Secretary of State