



State of Missouri

Governor's Proclamation

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, one in five individuals experience a mental health disorder at some point in their life; and

WHEREAS, half of all mental health disorders begin by age 14 and 75% of all mental health disorders begin by age 24; and

WHEREAS, suicide is the third leading cause of death amongst people aged 10 to 34 and the 12th leading cause of death in the United States; and

WHEREAS, a lack of mental health awareness leads to devastating impacts on the well-being of individuals and society; and

WHEREAS, evidence-based mental and behavioral health training teaches citizens how to recognize signs and symptoms of mental health and substance use problems and provides the skills to use a five-step action plan to help individuals who may be facing a mental health problem or crisis, such as suicide.

NOW, THEREFORE, I, Michael L. Parson, GOVERNOR OF THE STATE OF MISSOURI, do hereby proclaim May 2022, to be

MENTAL HEALTH AWARENESS MONTH

in Missouri, and 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 Missourians live longer, healthier lives.

IN TESTIMONY WHEREOF, I have hereunto set my hand and caused to be affixed the Great Seal of the State of Missouri, in the City of Jefferson, this 7th day of April, 2022.



Michael L. Parson
GOVERNOR

ATTEST:

SECRETARY OF STATE