

# *P*ROCLAMATION

## *RECOGNIZING MAY AS MENTAL HEALTH AWARENESS MONTH*

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

**WHEREAS**, mental illnesses are real and prevalent in our nation, and half of us will have a mental health diagnosis at some point in our lives; 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**, engaging in prevention, early identification, and early intervention are as effective ways to reduce the burden of mental illnesses as they are to reduce the burden of other chronic conditions; and

**WHEREAS**, there is a strong body of research that identifies behavioral health risks and supports specific tools that all Americans can use to protect their health and well-being; and

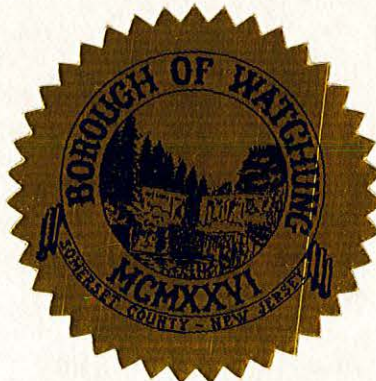
**WHEREAS**, with effective treatment before Stage 4, all individuals with mental illnesses – even serious mental illnesses - can make progress toward recovery and lead full, productive lives; and

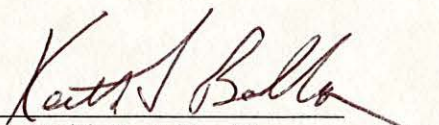
**WHEREAS**, jails and prisons have often become the default places of custodial care for even nonviolent people with serious mental illnesses; and

**WHEREAS**, each business, school, government agency, healthcare provider, organization and citizen has a responsibility to promote mental health and well-being for all.

**NOW, THEREFORE**, I Keith S. Balla, do hereby proclaim May 2022 as Mental Health Month in the Borough of Watchung, County of Somerset, State of New Jersey. As the Mayor of the Borough of Watchung, I also call upon the citizens, government agencies, public and private institutions, businesses, and schools in Watchung to recommit our community to increasing awareness and understanding of mental health, the steps our citizens can take to protect their mental health, and the need for appropriate and accessible services for all people with mental illnesses.

DATED:       MAY 5, 2022



  
Keith S. Balla, Mayor