

ARLINGTON COUNTY, VIRGINIA

Proclamation

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MENTAL HEALTH AWARENESS MONTH

WHEREAS, mental health is an important part of overall health by sustaining an individual's thought processes, relationships, productivity, and ability to adapt to change or face adversity, while mental illness adversely affects those abilities and often is life-threatening in nature; and

WHEREAS, one in five adults experiences mental health problems each year and such problems can contribute to the onset of mental illness; and

WHEREAS, one in 20 adults lives with mental illness such as major depression, bipolar disorder, or schizophrenia; and

WHEREAS, approximately one-half of chronic mental illness begins by the age of 14, and three-quarters begins by age 24 and early identification and treatment can make a difference in the successful management of mental illness and recovery; and

WHEREAS, in Arlington, the Department of Human Services and the Community Services Board programs serve more than 5,400 Arlingtonians a year; and

WHEREAS, the pandemic has brought new behavioral health challenges to individuals, families, and communities; and

WHEREAS, it is important to maintain mental health and learn the symptoms of mental illness in order to get help when it is needed; and

WHEREAS, every person and community can make a difference in helping end the silence and stigma that has surrounded mental illness and discouraged people from getting help;

NOW, THEREFORE, I, Matt de Ferranti, Chair of the County Board in Arlington, Virginia do hereby proclaim the month of May 2021 as

MENTAL HEALTH AWARENESS MONTH

and encourage every person in our community to learn more about the importance of mental health and to encourage the identification and treatment of mental illnesses.



Matt de Ferranti
Chair