

# STATE OF NORTH DAKOTA

## PROCLAMATION

### MENTAL HEALTH MONTH MAY 2021

WHEREAS, 1 in 5 adults in the U.S. will experience a mental illness in a given year, and 1 in 6 U.S. youth will experience a mental health condition, but less than half will get treatment; and

WHEREAS, the average delay between the onset of mental illness symptoms and treatment is 11 years; and

WHEREAS, mental health is health and just like physical health, it is important to recognize that mental illness and addiction are treatable illnesses from which people can and do recover; and

WHEREAS, stigma about mental illness can be a barrier to seeking treatment. We can decrease stigma by seeking information and taking responsibility for educating ourselves, listening non-judgmentally to those who are struggling; and

WHEREAS, we acknowledge the importance of caregivers and families that are supporting individuals living with mental illness and express our gratitude for what they do each and every day; and

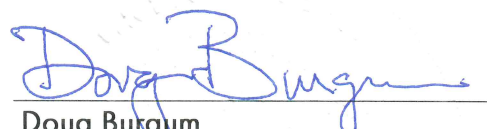
WHEREAS, we recognize the individuals living with mental illness. You matter. We honor your story and your journey; and

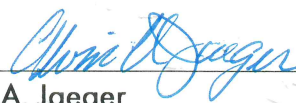
WHEREAS, every individual in North Dakota is encouraged to talk with their family, friends, and co-workers about mental health, because talking about mental health and seeking early intervention services leads to hope and promotes recovery; and

WHEREAS, we can be empowered to connect to services and resources by visiting [behavioralhealth.nd.gov/about-us/mental-health](http://behavioralhealth.nd.gov/about-us/mental-health).

NOW, THEREFORE, as Governor of the State of North Dakota, I do hereby proclaim  
May 2021, **MENTAL HEALTH MONTH** in the State of North Dakota.



  
Doug Burgum  
GOVERNOR

ATTEST:   
Alvin A. Jaeger  
SECRETARY OF STATE