



# Proclamation

## Resolution declaring May 2023 to be Mental Health Month in the Town of Wappinger

**WHEREAS**, mental illness is a medical condition that disrupts a person's thinking, feeling, mood, ability to relate to others, and daily functioning;

**WHEREAS**, regardless of race, nationality, age, religion, or economic status, mental illness impacts at least one in four adults and one in five young folks aged 13-18, and one in seventeen people live with serious and chronic mental health conditions such as schizophrenia, bipolar disorder; and major depression; and

**WHEREAS**, an estimated 22 veterans die by suicide each day; and

**WHEREAS**, all Americans experience times of difficulty and stress in their lives, and mental illnesses often result in a diminished capacity for coping with the ordinary demands of life; and

**WHEREAS**, medical and other treatments through medical action and counseling is an effective way to reduce the burden of mental health illnesses (90% of all mental illness is treatable); and

**WHEREAS**, there is strong research that animal companionship, humor, spirituality, religion, recreation, social connections, and work-life balance can help all Americans protect their health and well-being; and

**WHEREAS**, each business, school, government agency, healthcare provider, organization, and resident shares the burden of mental health problems and has a responsibility to promote mental wellness and support prevention efforts; and

**WHEREAS**, it is time to take action for individuals and families living with mental health conditions and to provide support and educate our peers, and to **DO OUR PART**; and

**THEREFORE BE IT RESOLVED** the members of the Board of the Town of Wappinger, do hereby proclaim the month of May 2023 as Mental Health Month and calls upon the citizens, government agencies, public and private institutions, businesses, and schools in Wappinger 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 health conditions.

Richard L. Thurston, Wappinger Town Supervisor