

# Proclamation

## Mental Health Month 2009: Live Your Life Well

- WHEREAS, mental health is essential to everyone's overall health and well-being; and
- WHEREAS, all Americans experience times of difficulty and stress in their lives, and many are now experiencing significant stress due to current economic conditions; and
- WHEREAS, prevention is an effective way to reduce the burden of mental health conditions; and
- WHEREAS, there is a strong body of research that supports specific tools that all Americans can use to better handle challenges, and protect their health and well-being; and
- WHEREAS, mental health conditions are real and prevalent in our nation; and
- WHEREAS, people with mental illness have a right to treatment and should be afforded certain rights including the right: To be treated with respect and dignity, To have privacy protected, To receive age and culturally appropriate services, To understand available treatment options and alternatives, and To receive care that does not discriminate on the basis of age, race, or type of illness
- WHEREAS, with effective treatment, those individuals with mental health conditions can recover and lead full, productive lives; and
- WHEREAS, each business, school, government agency, healthcare provider, organization and citizen shares the burden of mental health problems and has a responsibility to promote mental wellness and support prevention efforts.

THEREFORE, the Monroe County Commissioners, do hereby proclaim May 2009 as Mental Health Month in Monroe County. We also call upon the citizens, government agencies, public and private institutions, businesses and schools in Monroe County 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.