

# STATE OF NORTH DAKOTA

## PROCLAMATION

### MENTAL HEALTH AWARENESS MONTH MAY 2024

WHEREAS, mental health includes regulating our emotional, psychological and social well-being; and changes in mental health affect how we think, feel and act; and mental health also impacts how we handle stress, relate to others and make decisions; and

WHEREAS, 1 in 5 adults in the United States will experience a mental illness in a given year, and 1 in 6 youth in the United States will experience a mental health condition, but less than half will get treatment; 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, and 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 who are supporting individuals living with mental illness and express our gratitude for what they do each and every day; and

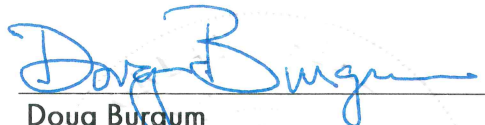
WHEREAS, we recognize the individuals living with mental illness. You matter. We honor your story and your journey; and

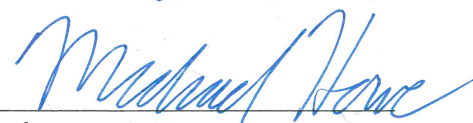
WHEREAS, every individual in North Dakota is encouraged to talk with their family, friends and co-workers about mental health, because talking about mental health and seeking early intervention services leads to hope and promotes recovery; and

WHEREAS, North Dakotans 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 2024, MENTAL HEALTH AWARENESS MONTH in the State of North Dakota.



  
Doug Burgum  
GOVERNOR

ATTEST:   
Michael Howe  
SECRETARY OF STATE