

STATE OF NORTH DAKOTA

PROCLAMATION

MENTAL HEALTH AWARENESS MONTH MAY 2025

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, 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, 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.

NOW, THEREFORE, as Governor of the State of North Dakota, I do hereby proclaim
May 2025, MENTAL HEALTH AWARENESS MONTH in the State of North Dakota.




Kelly Armstrong
GOVERNOR

ATTEST:


Michael Howe
SECRETARY OF STATE