



May 5, 2015

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## **Event highlights mental health challenges, solutions**

### *Governor Dayton proclaims May Mental Health Month in Minnesota*

To recognize and support the hundreds of thousands of Minnesotans with mental illness and their families, Gov. Mark Dayton has [proclaimed May Mental Health Month in Minnesota](#).

“Mental illness is like any illness, and like any other illness, it’s important that people get the care they need,” said Minnesota Human Services Commissioner Lucinda Jesson. “Mental Health Month is an opportunity to shine a light on a problem that is too often misunderstood and undertreated.”

To help create awareness about mental illness, the Department of Human Services will host a free, public event at the [Elmer L. Andersen Human Services Building](#), 540 Cedar St., St. Paul.

“[Fidgety Fairy Tales](#),” a musical play performed by a diverse cast of actors ages 8 to 18, both with and without mental health experiences Thursday, May 7, noon to 1 p.m. The play will be performed for children from a neighborhood school.

While mental illnesses are common—each year, one in five adults have some mental illness—only four in 10 adults with serious mental illness received services in the past year. Meanwhile, treatment for people with mental illness is highly effective. Between 70 and 90 percent of individual who receive treatment for serious mental illness have significant reduction of symptoms and improved quality of life.

Building a continuum of services for all Minnesotans is a priority for the state. The governor’s two-year budget recommends investing more than \$39 million to provide a comprehensive range of mental health care across the state, from prevention and early intervention, to long-term supports for recovery.

“We have great services in many parts of Minnesota. We know what works,” Jesson said. “Now we need to make sure that all people have access to these services when and where they need them. Even with serious mental illnesses, with the right combination of treatment, services, and supports, most people can live healthy and productive lives.”

More information about the [governor’s budget proposals for mental health](#) is available on the DHS website.