



## STATE *of* MINNESOTA

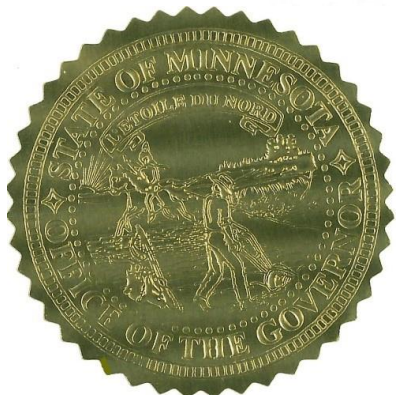
# Proclamation

- WHEREAS: Mental health awareness is more important than ever and essential to our overall health; and
- WHEREAS: Mental health awareness allows us to maintain relationships, take care of ourselves, learn, take care of our physical bodies, and respond and adapt to daily life changes; and
- WHEREAS: Mental health includes our emotional, psychological, and social well-being; it affects how we think, feel, and act; it also affects how we handle stress, relate to others, and make choices; and
- WHEREAS: The pandemic caused many people to struggle with their mental health and well-being, especially our children and youth; and
- WHEREAS: Historical and collective trauma from racism and heterosexism is a source of chronic and intense stress that challenges our mental health and well-being; and
- WHEREAS: The World Health Organization found that the number of people with depression and anxiety went up 25% worldwide; and
- WHEREAS: There are steps we can all take to improve our mental health, and with early and effective treatment, people with mental illnesses can recover; and
- WHEREAS: Mental health awareness is critical to the well-being of our families, communities, schools, and businesses; and
- WHEREAS: All Minnesotans have a role to play in promoting good mental health, and there are a range of essential community resources to promote mental health and well-being for all Minnesotans; and
- WHEREAS: Citizens, government agencies, public and private institutions, businesses, and schools should commit to promoting good mental health and increasing awareness and understanding of mental illnesses.

NOW, THEREFORE, I, TIM WALZ, Governor of Minnesota, do hereby proclaim May 2022 as:

## MENTAL HEALTH AWARENESS MONTH

in the State of Minnesota.



IN WITNESS WHEREOF, I have hereunto set my hand and caused the Great Seal of the State of Minnesota to be affixed at the State Capitol this 30<sup>th</sup> day of April.

Handwritten signature of Tim Walz in black ink.

GOVERNOR

Handwritten signature of Steve Simon in black ink.  
SECRETARY OF STATE