

**WHEREAS**, Mental Health Awareness Month has been observed in May in the United States since 1949 and prevention is an effective way to reduce the burden of mental illnesses; and

**WHEREAS**, mental illnesses are real and prevalent in our nation; and 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**, with early and effective treatment, those individuals with mental illnesses can recover and lead full, productive lives; and

**WHEREAS**, each business, school, government agency, healthcare provider, organization and citizen share the burden of mental illnesses and have a responsibility to promote mental wellness and support prevention efforts; and

**WHEREAS**, the purpose of Mental Health Awareness Month is to raise awareness and educate the public about: mental illnesses, such as the 18.1% of Americans who suffer from depression, schizophrenia, and bipolar disorder; the realities of living with these conditions; and strategies for attaining mental health and wellness; and

**WHEREAS**, additionally, Mental Health Awareness Month also aims to draw attention to suicide, which can be precipitated by some mental illnesses, and it strives to reduce the stigma (negative attitudes and misconceptions) that surrounds mental illnesses,

**NOW, THEREFORE**, I, Lester M. Miller do hereby proclaim May 2021 as:

**“MENTAL HEALTH AWARENESS MONTH”**

in Macon-Bibb County, and I call upon the citizens, government agencies, public and private institutions, businesses and schools in Macon-Bibb 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 illnesses at all ages and stages.

**IN WITNESS WHEREOF**, I have hereunto set my hand and caused the Seal of the Consolidated Government to be affixed this \_\_\_\_ day of May 2021.

---

**Lester M. Miller**  
**Mayor**

