

Alachua County Florida

A Proclamation

Declaring May 2023, as “Mental Health Awareness Month” in Alachua County, Florida

- Whereas,* mental health is fundamental to the overall wellbeing for children and adults in Alachua County as it results in productive activities, fulfilling relationships and the ability to cope with adversity; and
- Whereas,* mental illness will strike nearly 1 in 4 adults and children in a given year, regardless of age, gender, race, ethnicity, religion, or economic status; and
- Whereas,* prevention is an effective way to reduce the prevalence of mental illnesses; and
- Whereas,* there is a strong body of research that supports specific tools that everyone can use to better handle challenges, and protect their health and well-being; and
- Whereas,* with early and effective treatment, individuals with mental illnesses can recover and lead full, productive lives; and
- Whereas,* culturally specific and responsive mental health services are a critical component of supporting communities; and
- Whereas,* the newly launched 988 Crisis and Suicide Lifeline will make it easier for people to access care; and
- Whereas,* the Alachua County Crisis Center offers 24-hour crisis intervention support through phone, face-to-face and telehealth options; and
- Whereas,* all individuals should be aware of the warning signs of suicide risk and feel empowered to seek help for themselves, loved ones, co-workers, and friends; and
- Whereas,* greater public awareness about mental illnesses can change negative attitudes and behaviors towards people with mental illness;
- Whereas,* every citizen and community can make a difference in helping end the silence and stigma that for too long has surrounded mental illness and discouraged people from getting help;

Now, therefore, through the authority vested in me by the Board of County Commissioners of Alachua County, Florida, I do hereby proclaim May 2023, as “Mental Health Awareness Month” in Alachua County, Florida.

Duly proclaimed this 23rd day of May, A.D., 2023.

BOARD OF COUNTY COMMISSIONERS
OF ALACHUA COUNTY FLORIDA

By: _____
Anna Prizzia, Chair

ATTEST:

J.K. “Jess” Irby, Esq.