

*State of Maine*



**WHEREAS**, mental health is part of overall health, and through public education and working together to raise awareness, we can improve the lives of individuals and families affected by mental illness; and

**WHEREAS**, one in five adults experiences a mental health problem in any given year, but the COVID-19 pandemic has increased the number of people experiencing feelings of anxiety and depression; and

**WHEREAS**, Maine's youth have the highest rate of diagnosed anxiety in the nation and the country's third highest rate of diagnosed depression among children aged 3 - 17; and

**WHEREAS**, we lose a young adult in Maine to suicide every 10 days, an adult every 36 hours, and 48 Maine veterans each year die by suicide; and

**WHEREAS**, suicide is the 10th leading cause of death in the United States and the 2nd leading cause among young adults, and 90 percent of people who die by suicide had shown symptoms of a mental health condition, according to interviews with family, friends, and medical professionals; and

**WHEREAS**, approximately one-half of chronic mental illness begins by the age of 14 and three-quarters by age 24, and early identification and treatment can make a difference in the successful navigation of mental illness and recovery; and

**WHEREAS**, we come together with every citizen and community in our state to help end the silence and stigma that for too long has made people feel isolated and alone and discouraged people from getting help;

**NOW, THEREFORE**, be it resolved that I, Janet T. Mills, Governor of the State of Maine, do hereby proclaim the month of May as

**Mental Health Awareness Month**

in Maine to shine a light on mental illness and the need for long-term improvements in our mental health care system and increased access to care for all so no one feels alone.



In testimony whereof, I have caused the Great Seal of the State to be hereunto affixed GIVEN under my hand at Augusta this sixth day of May Two Thousand Twenty

Janet T. Mills  
Governor

Matthew Dunlap  
Secretary of State