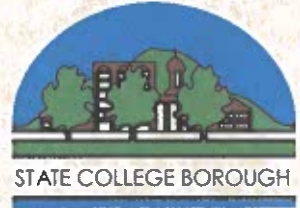


# Proclamation

## MENTAL HEALTH AWARENESS MONTH AND MENTAL WELLNESS DAY May 12, 2018



- WHEREAS, mental health is part of overall health; and
- WHEREAS, one in five adults experience a mental health problem in a given year; and
- WHEREAS, approximately one-half of chronic mental illness begins by age 14 and three quarters by age 24; and.
- WHEREAS, suicide is the 10<sup>th</sup> leading cause of death in the United States and the 2<sup>nd</sup> leading cause among young adults; and
- WHEREAS, 90% of people who die by suicide have an underlying mental illness; and
- WHEREAS, it is important to maintain mental health and learn symptoms of mental illness in order to get help when it is needed; and
- 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 reaching out for help; and
- WHEREAS, education and community events can encourage mental health and wellness.

NOW, THEREFORE, I, Mayor Donald Hahn, do hereby proclaim May 12, 2018 as Mental Wellness Day and the month of May as Mental Health Awareness Month in the Borough of State College, Pennsylvania, to shine light on the importance of mental health.

AND BE IT FURTHER RESOLVED that all citizens and businesses are encouraged to attend and participate in Jana Marie Foundation's J.A.M. Fest in downtown State College on Saturday, May 12. The event is scheduled from 12pm – 5pm and will provide an atmosphere that allows community members to enhance their mental and emotional well-being by expressing themselves through unique hands-on experiences that promote resilience and facilitate community building. To learn more, visit [www.janamariefoundation.org](http://www.janamariefoundation.org).

IN TESTIMONY WHEREOF, I have hereunto set my hand and caused to be affixed, the great seal of the Borough of State College, this 7<sup>th</sup> day of May 2018.



Mayor Donald M. Hahn  
May 7, 2018