

State of Maine



WHEREAS, mental health is an essential component of overall health and wellbeing, and through working together to raise public awareness, we can improve the lives of individuals and families affected by mental illness; and

WHEREAS, mental health conditions are common, affecting one in five adults nationwide – about 187,000 Mainers; and

WHEREAS, approximately one-half of chronic mental illness begin by the age of 14 and three-quarters by age 24, early identification and treatment can improve lifelong outcomes for young people with mental illness; and

WHEREAS, chronic depression is the number one leading cause of disability nationwide and costs Americans roughly \$193.2 billion in lost earnings every year; and

WHEREAS suicide is the 10th leading cause of death in the United States and the 2nd leading cause among both youth and young adults, and 90 percent of people who die by suicide had shown symptoms of a mental health condition; and

WHEREAS, the COVID-19 pandemic has placed unprecedented stress on Mainers of all ages, leading to significant increases in self-reported anxiety and depression among youth and adults alike, and about four in every ten Mainers with a mental health condition sought treatment in the past 12 months; and

WHEREAS, to build mental health and resilience and help Maine people cope with stress and uncertainty, the state created StrengthenME which has provided over 41 thousand support sessions during the pandemic; 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 or alone and has 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 seventeenth day of May Two Thousand Twenty-one

Janet T. Mills
Governor

Shenna Bellows
Secretary of State