

Mental Health Awareness May 2024

WHEREAS, According to the CDC Mental health disorders are among the most burdensome health concerns in the United States. Nearly 1 in 5 US adults aged 18 or older (18.3% or 44.7million people) reported any mental illness in 2016. In addition, 71% of adults reported at least one symptom of stress, such as a headache or feeling overwhelmed or anxious.

WHEREAS, Many people with mental health disorders also need care for other physical health conditions, including heart disease, diabetes, respiratory illness, and disorders that affect muscles, bones, and joints. The costs for treating people with both mental health disorders and other physical conditions are 2 to 3 times higher than for those without co-occurring illnesses. By combining medical and behavioral health care services, the United States could save \$37.6 billion to \$67.8 billion a year.

WHEREAS, About 63% of Americans are part of the US labor force. The workplace can be a key location for activities designed to improve well-being among adults. Workplace wellness programs can identify those at risk and connect them to treatment and put in place support to help people reduce and manage stress. By addressing mental health issues in the workplace, employers can reduce health care costs for their businesses and employees.

WHEREAS, Recognizing that mental health stigma is caused by fear, lack of knowledge and understanding, lack of empathy, negative media portrayals, and labeling. Approximately 43.3% of US adults with mental illness will not receive help. They may avoid seeking treatment because they fear the label, stigma, and discrimination (Evans et al., 2023)

WHEREAS, Recognizing that the best way to combat mental health stigma is to focus on not labeling or using derogatory terms, having open and honest conversations about mental health, and response training such as Mental Health First Aide.

THEREFORE, I, Brad Bleichner, Mayor of Independence, Iowa, do hereby proclaim May 2024 as Mental Health Awareness Month in Buchanan County, Iowa.

Brad Bleichner, Mayor of the City of Independence, IA

Date