



PROCLAMATION

Office of the Mayor



Mental Health Awareness Month May 2023

WHEREAS: Mental Health Awareness Month was founded in 1949 by the Mental Health America organization and is recognized nationally every May; and

WHEREAS: Nearly 1 in 5 Americans will experience a mental illness in any given year; and

WHEREAS: Suicide is the 12th leading cause of death in the United States and an estimated 703,000 people around the world take their lives every year. For every suicide, there are likely 20 other people making a suicide attempt and many more having serious thoughts of suicide; and

WHEREAS: The high levels of stigma associated with mental illness and mental health make it difficult for individuals struggling to seek treatment; and

WHEREAS: Suicide has reached every part of the world, including Middletown. Students from Middletown High Schools North and South are coming together for the "Be the Difference" community walk for suicide awareness and prevention on Sunday, May 21st beginning at 9:00 AM at the Middletown Arts Center. We encourage residents to visit the "bethedifference_nj" Instagram account for more information; and

WHEREAS: Middletown Township is dedicated to educating and mobilizing people about the need for mental health awareness. Now,

THEREFORE: I, Mayor Tony Perry and the Middletown Township Committee, do hereby proclaim May 2023, and every May going forward, as **Mental Health Awareness Month** in the Township of Middletown in order to help raise awareness and reduce stigma around mental health. We encourage residents to register for the "Be the Difference" walk and to join our community in taking a stand.

*Given, under my hand and the Great Seal of the Township of Middletown,
this 1st day of May in the year two thousand twenty-three*

Mayor Tony Perry