WHEREAS, mental health includes our emotional, psychological, and social well-being; it affects how we think, feel, and act; it also affects how we handle stress, relate to others, and make choices; and

WHEREAS, mental health allows us to maintain relationships, take care of ourselves and our families, take care of our physical bodies, and respond and adapt to daily life changes; and

WHEREAS, 1 in 5 adolescents have had a serious mental health disorder at some point in their life; and

WHEREAS, 50% of all mental health disorders begin by age 14 and 75% of all mental health disorders begin by the mid-20’s; and

WHEREAS, suicide is the second leading cause of death amongst people aged 10 – 34 and the 10th leading cause of death in the United States; and

WHEREAS, a lack of mental health awareness leads to devastating impacts on the wellbeing of individuals and society; and

WHEREAS, the COVID-19 pandemic has significantly contributed to declining levels of mental health in children, teens, and adults in the state of Iowa; and

WHEREAS, evidence-based mental and behavioral health training teaches adults how to recognize signs and symptoms of mental health and substance use challenges in youth and adults and provides skills to use a 5-step action plan to help someone who may be facing a mental health challenge or crisis, such as suicide; and

WHEREAS, teen Mental Health First Aid trainings are proven to reduce stigma and teach teens how to identify, understand and respond to signs of mental health and substance use challenges among their friends and peers:

NOW, THEREFORE, I, Kim Reynolds, Governor of the State of Iowa, do hereby proclaim the month of May 2022 as

MENTAL HEALTH AWARENESS MONTH

In Iowa, and I call upon citizens, counties, organizations, health care providers, and schools to raise mental health awareness, provide age-appropriate mental health education and training, and continue helping Iowa citizens live longer, healthier lives.

IN TESTIMONY WHEREOF, I HAVE HEREUNTO SUBSCRIBED MY NAME AND CAUSED THE GREAT SEAL OF THE STATE OF IOWA TO BE AFFIXED. DONE AT DES MOINES THIS 13TH DAY OF MAY IN THE YEAR OF OUR LORD TWO THOUSAND TWENTY-TWO.

KIM REYNOLDS
GOVERNOR OF IOWA

ATTEST:

PAUL FATE
SECRETARY OF STATE