

Town of York



Whereas mental health is part of overall health; and

Whereas one in five adults experiences a mental health problem in any given year; and

Whereas the COVID-19 pandemic has increased the number of people experiencing feelings of anxiety and depressions;

Whereas Maine's youth have the highest rate of diagnosed anxiety in the nation and the country's third highest rate of diagnosed depression among children aged 3-7;

Whereas we lose a young adult in Maine to suicide every 10 days, an adult every 36 hours, and 48 Maine veterans each year die by suicide and 228 Police Officers nationally in 2019;

Whereas early identification and treatment can make a difference in the successful navigation of mental illness and recovery; 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, alone and discouraged people from getting help; and

Whereas through public education and working together to raise awareness, we can help improve the lives of individuals and families affected by mental illness.

NOW, THEREFORE BE IT RESOLVED, the Board of Selectmen of YORK do hereby proclaim May as Mental Health Month in YORK 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.