

WHEREAS, mental health is part of overall health; and

processes, relationships, productivity and ability to adapt to change or face adversity; and WHEREAS mental health helps to sustain an individual's thought

life-threatening in nature; and WHEREAS mental illness adversely affects those abilities and often is

year and such problems can contribute to onset of mental illness; and WHEREAS one in four adults experiences mental health problems in any given

bipolar disorder or schizophrenia; and WHEREAS one in 17 adults lives with mental illness such as major depression,

of 14 and three-quarters by age 24; WHEREAS approximately one-half of chronic mental illness begins by the age

symptoms first appear and when individuals get help; and WHEREAS long delays-sometimes decades-often occur between the time

in successful management of mental illness and recovery; and WHEREAS early identification and treatment can make a profound difference

mental illness in order to get help when it is needed; and WHEREAS it is important to maintain mental health and learn the symptoms of

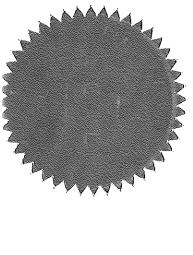
people from getting help; the silence and stigma that for too long has surrounded mental illness and discouraged WHEREAS, every citizen and community can make a difference in helping end

and help improve the lives of individuals and families affected by mental illness; WHEREAS public education and civic activities can encourage mental health

hereby proclaim the month of May, 2021 as NOW, THEREFORE BE IT RESOLVED, I Mayor Michael Putrino do

MENTAL HEALTH AWARENESS MONTH

mental health and to promote identification and treatment of mental illness in the Borough of New Milford to increase public understanding of the importance of



Mayor Michael Putrino

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