



Board of Commissioners of Cook County

118 North Clark Street
Chicago, IL

Legislation Text

File #: 21-3123, **Version:** 1

PROPOSED RESOLUTION

RECOGNIZING MAY AS MENTAL HEALTH AWARENESS MONTH

WHEREAS, mental health is essential to everyone's overall health and well-being; and

WHEREAS, According to the National Alliance on Mental Illness (NAMI), 1 in 5 U.S. adults experience mental illness each year. 1 in 20 U.S. adults experience serious mental illness each year. 1 in 6 U.S. youth aged 6-17 experience a mental health disorder each year, 50% of all lifetime mental illness begins by age 14, 75% by age 24 and suicide is the 2nd leading cause of death among people aged 10-34; and

WHEREAS, all Americans face challenges in life that can impact their mental health, whether it is due to the loss of a loved one, socioeconomic circumstances and especially during a pandemic; and

WHEREAS, mental health conditions are real and prevalent in our nation according to the Substance Abuse and Mental Health Services Agency (SAMHSA), for adults aged 18 or older, the percentage who had any mental illness (AMI) in the past year increased from 17.7 percent (or 39.8 million people) in 2008 to 20.6 percent (or 51.5 million people) in 2019. Over that same period, the percentage who had serious mental illness (SMI) in the past year increased from 3.7 percent (or 8.3 million people) to 5.2 percent (or 13.1 million people); and

WHEREAS, prevention is an effective way to reduce the burden of mental health conditions; and

WHEREAS, there are practical tools that all people can use to improve their mental health and increase resiliency, which include exercise, increase sleep, positive thinking and healthy diet; and

WHEREAS, with effective treatment, those individuals with mental health conditions can recover and lead full, productive lives; and

WHEREAS, each business, school, government agency, health care provider, organization and citizen share the burden of mental health problems and has a responsibility to promote mental wellness and support prevention and treatment efforts.

THEREFORE BE IT RESOLVED, that Cook County will: Led by the Cook County Board President and the Cook County Board of Commissioners (County Board), in collaboration with the Cook County Health System and the Cook County Department of Public Health to commit to increasing awareness and understanding of mental health issues, the steps our citizens can take to protect their mental health, and the need for appropriate and accessible services for all people with mental health conditions.

BE IT FURTHER RESOLVED, We established May as Mental health Awareness Month in Cook County; and

BE IT FURTHER RESOLVED, We establish May, 19th as Mental Health Awareness Day in Cook County, where the Cook County would have a focus on promoting mental health awareness and providing mental health services in the form of meditation, stress reduction and healthy eating classes for employees; and

BE IT FURTHER RESOLVED, the County Board hereby supports the efforts to raise awareness of mental health

issues and the importance of maintaining ones mental health.