



Board of Commissioners of Cook County

118 North Clark Street
Chicago, IL

Legislation Text

File #: 24-3158, **Version:** 1

PROPOSED RESOLUTION

DECLARING THE MONTH OF MAY MENTAL HEALTH AWARENESS MONTH IN COOK COUNTY

WHEREAS, mental health is essential to everyone's health; and;

WHEREAS, mental illness is a condition that affects a person's thinking, feeling, behavior and mood; 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; 1 in 6 youth ages 6-17 experience a mental disorder each year; 50% of all lifetime illness began by age 14 and 75% by age 24; and suicide is the 2nd leading cause of death of children ages 10-14; and;

WHEREAS, there are several challenges in life that can impact mental health whether it is due to socioeconomics or the loss of a love one; and;

WHEREAS, Cook County Government has committed 112 million dollars through ARPA (American Rescue Plan Act) for Cook County Behavioral Health; and;

WHEREAS, President Biden signed the Bipartisan Safer Communities Act the largest investment in youth mental health and;

WHEREAS, President Biden's initiative invested 1 billion dollars to fund schools across the country to hire and train new mental health counselors. In addition added more than 140 Certified Community Behavioral Health clinics across the nation which will serve everyone regardless of their ability to pay and provide a range of services including a 24- hours crisis support; and;

WHEREAS, 988 is the Nationwide Suicide and Crisis Lifeline which anyone can call, text or chat to be connected to a professional if they are feeling overwhelmed or just need someone to talk to; and;

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

WHEREAS, individuals can use practical tools to improve their mental health which include an increase in sleep, exercise, positive thinking, and healthy eating habits and;

WHEREAS, health care providers, schools, businesses, governmental agencies and citizens can promote mental wellness and support prevention and treatment efforts.

NOW 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 Cook County Health (CCH) and the Cook County Department of Public Health (CCDPH) to increase 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; and

BE IT FURTHER RESOLVED, we establish the Month of May as Mental Health Awareness Month in Cook County; and;

BE IT FURTHER RESOLVED We establish May 20th as Mental Health Awareness Day in Cook County where Cook County would have a focus on promoting mental health awareness and mental health services.

BE IT FURHTER RESOLVED, the County Board hereby supports the efforts maintaining ones mental health and raises the awareness of mental health issues.