



# Board of Commissioners of Cook County

118 North Clark Street  
Chicago, IL

## Legislation Text

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**File #:** 19-3709, **Version:** 1

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### **PROPOSED RESOLUTION**

#### **RECOGNIZING THE MONTH OF MAY AS MENTAL HEALTH AWARENESS MONTH**

**WHEREAS**, 1 in 5 adults in the United States experience a mental health condition in a given year; and

**WHEREAS**, 1 In 25 adults in the United States experience a serious mental illness in a given year; and

**WHEREAS**, approximately 46. 6 million adults in the United States face the reality of managing a mental illness every day; and

**WHEREAS**, half of all lifetime mental health conditions begin by age 14 and 75% by age 24, but early intervention programs can help; and

**WHEREAS**, up to 90% of those who die by suicide have an underlying mental illness as revealed by psychological autopsy. 46% of those who die by suicide have a diagnosed mental illness; and

**WHEREAS**, suicide is the 10<sup>th</sup> leading cause of death in the United States. With effective care, suicidal thoughts are treatable, and suicide is preventable; and

**WHEREAS**, individuals with mental health conditions face and average 11-year delay between experiencing symptoms and starting treatment; and

**WHEREAS**, common barriers to treatment include the cost of mental health care and insurance, prejudice and discrimination and structural barriers like transportation; and

**WHEREAS**, even though most people can experience relief from symptoms and support for their recovery in treatment, less than half of the adults in the Unites States get the help they need; and

**WHEREAS**, people experiencing mental health conditions often face rejection, bullying and even discrimination and stigma; and

**WHEREAS**, stigma is when someone or you yourself views you in a negative way because you have a mental health condition.

**NOW THEREFORE BE IT RESOLVED**, that the Cook County Board of Commissioners along with President Toni Preckwinkle and on behalf of the over 5 million residents of Cook County do hereby recognize the month of May as Mental Health Awareness month and hereby offers to provide support, educate and advocacy to individuals that are affected with mental health illness.