

**PROCLAMATION**

**14- 04**

**MENTAL HEALTH MONTH**  
*May 2014*

**WHEREAS**, behavioral health is an essential part of health and one's overall wellness; and

**WHEREAS**, in any given year, one if our adults suffer from a diagnosable mental health disorder; and

**WHEREAS**, 1...2...3...ME is about the one in four adults who suffer from a diagnosable mental health disorder; and

**WHEREAS**, we must encourage relatives, friends, coworkers, neighbors and friends of friends to break through the silence and begin to talk about it; and

**WHEREAS**, mental and physical wellness is essential to living a full and productive life. Wellness is about keeping healthy, as well as getting healthy; and

**WHEREAS**, emotional health cannot be separated from our physical health – they are both just as important and are what constitutes a person's overall wellness; and

**WHEREAS**, Elizabeth Layton Center offers behavioral health services that focus on the whole person; and

**WHEREAS**, recovery is a process of change where individuals improve their health and wellness and strive to reach their health potential and live a happier, healthier life in our community.

**NOW, THEREFORE BE IT RESOLVED**, that the Board of Franklin County Commissioners do hereby proclaim the month of May 2014 as **MENTAL HEALTH MONTH** in Franklin County and urge Franklin County residents to embrace the concept that mental health is not just the absence of mental illness. That it is the ability to cope with daily life and the challenges it brings. It's time we realize that good mental health is a necessary component in being able to maximize one's potential to lead a full and productive life – and it starts with us talking about it.

Signed this 30th day of April 2014.

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Steve Harris, Chairman