



Proclamation

By the Governor of Alabama

WHEREAS, the Alabama Department of Mental Health (ADMH) and its divisions supported essential mental health care and services for over 145,000 Alabamians in 2019; and

WHEREAS, all Alabamians face challenges in life that can impact their mental health and prevention is an effective way to reduce the burden of mental health conditions and one in four people may experience a mental health illness in their lifetime; and

WHEREAS, the ADMH Division of Mental Health and Substance Abuse Services serves those in need through three facilities and in partnership with numerous, essential community providers and the Division provides information and connections to more than 80 providers for those in need of treatment and recovery services; and

WHEREAS, all Alabamians experience times of difficulty and stress in their lives, and should feel comfortable in seeking help and support to manage these times; and

WHEREAS, engaging in prevention, early identification, and early intervention are as effective ways to reduce the burden of mental illnesses, as they reduce the burden of other chronic conditions; and

WHEREAS, with effective treatment, all individuals with mental illnesses – even serious mental illnesses - can make progress toward recovery and lead full, productive lives; and

WHEREAS, each business, school, government agency, healthcare provider, organization and citizen have a responsibility to promote mental health and well-being for all; and

WHEREAS, The Alabama Department of Mental Health calls upon the citizens, government agencies, public and private institutions, businesses and schools in Alabama to commit to increasing awareness and understanding of mental health, and informing citizens of the steps they can take to protect their mental health and the need for appropriate and accessible services for all people with mental illnesses;

NOW, THEREFORE, I, Kay Ivey, Governor of Alabama, do hereby proclaim May 2020, as

Mental Health Month

in the state of Alabama.



Given Under My Hand and the Great Seal of the Office of the Governor at the State Capitol in the City of Montgomery on the 30th day of April 2020.

Kay Ivey

Kay Ivey, Governor