

**Resolution of Support to Recognize May as Mental Health Awareness Month at ISD 709  
Mental Health Awareness Month Proclamation for May 2019**

WHEREAS, mental health is a key component of every individual's overall physical health and emotional well-being; and

Whereas mental health helps to sustain our thought processes, relationships, productivity and ability to adapt to change or face adversity; and

Whereas mental illness adversely affects our abilities; and

Whereas long delays—sometimes decades—often occur between the time symptoms first appear and when we get help; and

Whereas early identification and treatment can make a profound difference in successful management of mental illness and recovery; and

Whereas, every citizen and community can make a difference in helping end the silence and stigma that for too long has surrounded mental illness and discouraged people from getting help; and

Whereas Northland Healthy Minds is working to promote public education and community activities which can reduce stigma, encourage mental health and help improve the lives of all affected by mental illness;

NOW, THEREFORE BE IT RESOLVED, Independent School District 709, St. Louis County, MN do hereby proclaim the month of May 2019 as Mental Health Awareness Month in Duluth Public Schools to increase public understanding of the importance of mental health and to promote identification and treatment of mental illnesses.