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# Proclamation

## Mental Health Month 2018

### "Fitness #4Mind4Body"

**WHEREAS**, mental health is essential to everyone's overall health and well-being; and

**WHEREAS**, all Americans experience times of difficulty and stress in their lives; and

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


**WHEREAS**, there is a strong research that diet, exercise, sleep, and stress management can help all Americans protect their health and well-being; and

**WHEREAS**, mental health conditions are real and prevalent in our nation; and

**WHEREAS**, with effective treatment, those individuals with mental health conditions can recover and lead full, productive lives; and

**WHEREAS**, each business, school, government agency, healthcare provider, organization, and citizen shares the burden of mental health problems and has a responsibility to promote mental wellness and support prevention efforts.

**THEREFORE**, I, Roland Nissen, Chairman of the Kandiyohi County Board of Commissioners do hereby proclaim May 2018 as Mental Health Month in KANDIYOHI COUNTY. As the Board of Commissioners Chairperson, I also call upon the citizens, government agencies, public and private institutions, businesses, and schools in Kandiyohi County to recommit our community to increasing awareness and understanding of mental health, 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 before Stage Four.

  
Signature, Date

Seal