

A RESOLUTION

Recognizing the month of May 2024 as "Mental Health Awareness Month" in Pennsylvania.

WHEREAS, Mental health is critical to the overall well-being of individuals, families, communities and businesses; and

WHEREAS, Mental illnesses are biologically based brain disorders that cannot be overcome through willpower and are not related to an individual's character or intelligence; and

WHEREAS, Mental health issues can affect individuals of any race, religion, economic status or age; and

WHEREAS, Mental illnesses usually strike individuals in the prime of their lives, often during adolescence and young adulthood; and

WHEREAS, Individuals with mental illness have the same needs and are guaranteed the same rights as all Americans; and

WHEREAS, Individuals with mental illness experience discrimination in education, employment and housing; and

WHEREAS, A lack of full and proper treatment for individuals with mental illness costs public and private employers hundreds of billions of dollars annually through absenteeism, turnover and low productivity; and

WHEREAS, In 2021, the National Institutes of Health estimated that more than 20% of adolescents 12 to 17 years of age, a population of 5 million adolescents, experienced a major depressive episode (MDE)¹; and

WHEREAS, Individuals are classified as having an MDE if they experience a depressed mood or loss of interest in daily activities and have additional symptoms, including problems with sleep, eating, energy, concentration or self-worth, over a certain period of time; and

WHEREAS, The National Institute of Mental Health estimates approximately 57 million adults in the United States have a mental illness that includes a mental, behavioral or emotional disorder²; and

WHEREAS, Proper identification and treatment of mental illnesses, including support, are proven to be effective and are vitally important to assist individuals in leading full, productive lives; therefore be it

RESOLVED, That the House of Representatives recognize the month of May 2024 as "Mental Health Awareness Month" in Pennsylvania; and be it further

RESOLVED, That all government agencies, public and private institutions, businesses, schools and residents of this Commonwealth strive to increase awareness and understanding of mental illnesses and the need for appropriate and accessible services for individuals with mental illness throughout the communities of this Commonwealth.

FOR LRB USE

1. National Institutes of Health. "Major Depression" from the 2021 National Survey on Drug Use and Health. Updated July 2023. Last Accessed January 19, 2024.

<https://www.nimh.nih.gov/health/statistics/major-depression>

2. National Institute of Mental Health. "Mental Illness" Updated March 2023. Last Accessed January 19, 2024.

<https://www.nimh.nih.gov/health/statistics/mental-illness>