



# McLeod County Board of Commissioners

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## PROCLAMATION MENTAL HEALTH MONTH – MAY 2019 “#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**, there is a strong research that animal companionship, humor, spirituality, religion, recreation, social connections, and work-life balance 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 and other chronic health conditions can recover and lead full, productive lives; and

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

**NOW, THEREFORE BE IT FURTHER RESOLVED**, that I, Doug Krueger, do hereby proclaim May 2019 as Mental Health Month in McLeod County. As the Vice Chairman of the McLeod County Board, I also call upon the citizens, government agencies, public and private institutions, businesses and schools in McLeod 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.

Doug Krueger, Board Vice Chair