

**A PROCLAMATION**  
**BY**  
**THE BOARD OF COMMISSIONERS OF**  
**FORSYTH COUNTY, GEORGIA**

**WHEREAS**, mental health includes our emotional, psychological, and social well-being, it affects how we think, feel, and act, how we handle stress, relate to others, and make healthy choices; and mental health allows us to maintain relationships, care for ourselves, our families, and respond and adapt to daily life changes; and

**WHEREAS**, a lack of mental health awareness leads to devastating impacts on the wellbeing of individuals, families, and society; with nearly one in five adults and one in five adolescents in the United States living with a mental illness, and with suicide being one of the leading causes of death for individuals ages 10-34 in the United States; and,

**WHEREAS**, evidence-based mental and behavioral health training teaches adults how to recognize signs and symptoms of mental health and substance use problems in youth and provides adults with skills to help adults and youth who may be facing a mental health problem or crisis; and,

**WHEREAS**, Forsyth County and all counties serve as a safety net for residents in need with first responders, operators of crisis lines, public health and detention centers; and throughout the year, Forsyth County is committed to ending stigmas surrounding mental health; and,

**NOW THEREFORE AND BE IT RESOLVED**, the Forsyth County Board of Commissioners does hereby proclaim the month of May 2023, as MENTAL HEALTH AWARENESS MONTH and urges citizens to prioritize your mental health, reach out to friends and loved ones – even those who seem fine, and call or text 988 if you or someone you know is in crisis.

**IN TESTIMONY WHEREOF**, we have hereunto affixed the SEAL of the County of Forsyth, State of Georgia, and signatures of the members of the governing body thereof.

Given at Cumming, Georgia, on this 9<sup>th</sup> day of May, 2023.

**FORSYTH COUNTY BOARD OF COMMISSIONERS**

\_\_\_\_\_  
Alfred John, Chairman

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Laura Semanson, Vice Chairwoman

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Cindy Jones Mills, Secretary

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Kerry Hill, Member

Attest:

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Rhonda P. Hansard, County Clerk

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Todd Levent, Member