

**EXECUTIVE PROCLAMATION
OFFICE OF THE GOVERNOR
STATE OF SOUTH DAKOTA**

WHEREAS, mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determines how we handle stress, relate to others, and make choices; and

WHEREAS, 47.6 million adults in the United States experience mental illness in a given year, and 9.2 million adults have co-occurring mental health and substance use disorders. Fewer than half of adults with a mental illness received mental health services in the past year; and

WHEREAS, within the last year, 113,000 adults in South Dakota experienced mental illness, and of those 28,000 experienced a serious mental illness which greatly interfered or limited one or more major life activities; and

WHEREAS, one in five children ages 13 to 18 have or will have a serious mental illness and 50 percent of all lifetime cases of mental illness begin by age 14; and

WHEREAS, stigma causes people to feel ashamed for something out of their control and prevents people from seeking the help they need; and

WHEREAS, people living with mental illness can and do recover. Hope plays an essential part in overcoming the internal and external challenges, barriers, and obstacles; and

WHEREAS, when we advocate for mental health, we help those living with a mental illness improve their health and well-being, have positive self-esteem, be valued and contributing members of their communities, and build resiliency.

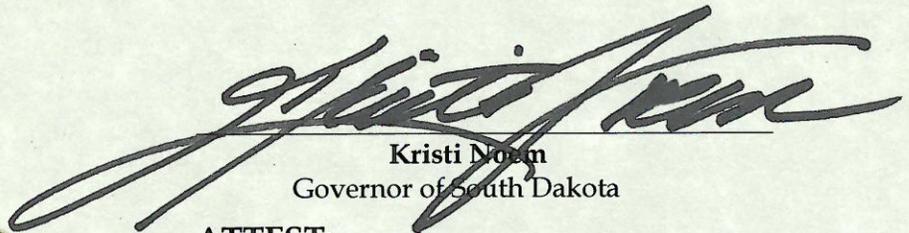
NOW, THEREFORE, I, KRISTI NOEM, Governor of the State of South Dakota, do hereby proclaim May, 2020, as

MENTAL HEALTH AWARENESS MONTH

in South Dakota.

IN WITNESS WHEREOF, I have hereunto set my hand and caused to be affixed the Great Seal of the State of South Dakota, in Pierre, the Capital City, this Twentieth Day of April in the Year of Our Lord, Two Thousand and Twenty.




Kristi Noem
Governor of South Dakota

ATTEST:


Steven J. Barnett
Secretary of State