

Executive Proclamation
State of South Dakota
Office of the Governor

Whereas, mental health affects how a person thinks, feels, and acts; it influences how that person handles stress, relates to others, and makes decisions; and,

Whereas, the National Institutes of Health reports that 1 in 25 U.S. adults experience serious mental illness. In South Dakota, 44,000 adults have a serious mental illness and 15,000 youth ages 12-17 have a major depressive disorder; and,

Whereas, our physical well-being is connected to our mental health, such that exercise is associated with an improved mood and quality of life; and,

Whereas, while the stigma associated with being a person who suffers from poor mental health may be improving, it can still be an isolating force that prevents people from getting the help they need; and,

Whereas, by talking openly about our own mental health, we can, in turn, encourage others to speak out about their symptoms and emotions and, most importantly, seek help; and,

Whereas, with effective treatment, recovery from mental illness includes not only getting better, but also achieving personal fulfillment in life:

Now, Therefore, I, Kristi Noem, Governor of the State of South Dakota, do hereby proclaim May 2023, 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 Eleventh Day of May in the Year of Our Lord, Two Thousand and Twenty-Three.



Kristi Noem
Kristi Noem, Governor

Attest:

Monae L. Johnson
Monae L. Johnson, Secretary of State