



State of New York

Executive Chamber

Proclamation

Whereas, New York State recognizes that good mental health includes our emotional, psychological, and social well-being and is a critical foundation of a healthy, productive, and fulfilling life for people of all ages and backgrounds, and New Yorkers join in support of initiatives that raise awareness of mental illness; and

Whereas, everyone confronts challenges in life that can affect their mental health, especially as we continue to rebuild and recover in the wake of the COVID-19 pandemic that has brought such unimaginable losses to New York State; and

Whereas, the COVID-19 pandemic has had a severe impact on people's mental health, causing high levels of stress, depression, and anxiety; in response, New York State and its Office of Mental Health have taken measures to increase access to mental health services while ensuring patient safety, such as expanding telehealth services during the pause of in-person visits, and implementing the NY Project Hope helpline to provide people with guidance in managing and coping with changes due to COVID-19 and by offering free, anonymous, and confidential information; and

Whereas, addressing the complex mental health needs of children, youth, and families is important for New York State today and in the future, and the need for comprehensive, coordinated mental health services for our diverse communities is critical; and

Whereas, new and expecting mothers face challenges of varied complexity and they require care and support at all levels – New York State has resources to assist women with pregnancy-related depression, including support helplines and maternal depression screening; and

Whereas, mental health conditions are not only common, they are treatable, and early and effective intervention can save lives and change the trajectories of people living with mental illness; and

Whereas, mental health conditions are the result of linked causes, traumatic events, genetics, biochemical processes, lifestyle and environment make some more susceptible; and

Whereas, recovery is possible through appropriate medical, social, early identification, treatment, and cultural attunement, which can make a profound difference in the successful management of mental illness and recovery; and

Whereas, unfortunately, feelings of personal shame and fears of social stigma and discrimination prevent many living with mental illness from seeking help; however, stigma can be reduced by increasing awareness of mental illness and of resources available for those suffering from mental health conditions; and

Whereas, we call upon the citizens, communities, government agencies, public and private institutions, schools, and businesses in New York State to recognize and highlight the importance of mental health issues, show understanding for those impacted by mental illness, and support resources that help people take the necessary steps to protect their mental health and that of their loved ones;

Now, Therefore, I, Kathy Hochul, Governor of the State of New York, do hereby proclaim May 2022 as

MENTAL HEALTH AWARENESS MONTH

in the Empire State.



Given under my hand and the Privy Seal of the State
at the Capitol in the City of Albany this twenty-ninth
day of April in the year two thousand twenty-two.

Kathy Hochul
Governor

Karen Persichilli Keogh

Secretary to the Governor
Karen Persichilli Keogh