



ON BEHALF OF THE PEOPLE OF MICHIGAN

I, Rick Snyder, governor of Michigan, do hereby proclaim

June 25, 2018

MEN'S MENTAL HEALTH AWARENESS DAY

WHEREAS, mental health is a part of overall health; and,

WHEREAS, mental health helps to sustain an individual's thought processes, relationships, productivity and ability to adapt to change or face adversity; and,

WHEREAS, mental illness adversely affects those abilities and can be life-threatening in nature; and,

WHEREAS, one in five adults experiences mental health problems in any given year and such problems can contribute to onset of mental illness; and,

WHEREAS, depression affects more than 6 million American men, who are less likely than women to seek help for the condition; and,

WHEREAS, early identification and treatment can make a profound difference in the successful management of mental illness and recovery; and,

WHEREAS, it is important to maintain mental health and to learn the symptoms of mental illness in order to get help when it is needed; and,

WHEREAS, every citizen and community can make a difference in helping end the silence and stigma that for too long has surrounded mental illness and discouraged people from getting help; and,

WHEREAS, public education and civic activities can encourage mental health and help improve the lives of individuals and families affected by mental illness;

NOW, THEREFORE, I, Rick Snyder, governor of Michigan, do hereby proclaim June 25, 2018 as Men's Mental Health Awareness Day in Michigan.



A blue ink signature of Rick Snyder, written in a cursive style.

Rick Snyder
Governor

