



**KETCHIKAN GATEWAY BOROUGH SCHOOL DISTRICT
BOARD OF EDUCATION
PROCLAMATION**

**Mental Health Awareness Month
May 2024**

WHEREAS, one in 25 adults today live with a variety of mental health disorders and illnesses, such as major depression, bipolar disorder, schizophrenia, autism spectrum disorders, and a growing number of other debilitating behavioral health conditions; and

WHEREAS, mental health includes the way in which an individual functions in their environment and how they handle societal relationships, having the ability to adapt to changing situations, and being able to develop healthy coping strategies; and

WHEREAS, anyone is susceptible to experiencing mental health difficulties, just as we are susceptible to physical health issues and emergencies; and

WHEREAS, addressing complicated mental health needs with coordinated, comprehensive mental health services provides a life line for families and individuals who are struggling with the complex process of locating appropriate treatment protocols; and

WHEREAS, we must all work together to overcome and eliminate the discrimination and stigma that could deter individuals from seeking consistent support and adequate mental health treatment; and

WHEREAS, mental health providers and professionals, through their unique approach to serving their clients, are assisting families with individualized, and potentially life-saving, care.

NOW THEREFORE, the Ketchikan Gateway Borough School District hereby proclaims May 2024 as Mental Health Awareness Month, and encourages everyone to recognize those affected by mental health issues and the important role that support, acceptance, and mental health services play in enriching our lives.

Signed on this 24th day of April 2024, by

Keenan Sanderson, Vice President, KGBSD Board of Education