

LEGISLATIVE RESOLUTION memorializing Governor Andrew M. Cuomo to proclaim Saturday, October 10, 2015, as Mental Health Day in the State of New York

WHEREAS, It is the custom of this Legislative Body to recognize official days that are set aside to increase awareness of serious issues that affect the lives of citizens of New York State; and

WHEREAS, Attendant to such concern, and in full accord with its long-standing traditions, it is the sense of this Legislative Body to memorialize Governor Andrew M. Cuomo to proclaim Saturday, October 10, 2015, as Mental Health Day in the State of New York, in conjunction with the observance of World Mental Health Day; and

WHEREAS, World Mental Health Day, which is supported by the United Nations, is annually held on October 10th each year to raise public awareness about mental health issues worldwide; and

WHEREAS, World Mental Health Day is observed in more than 100 countries through local, regional and national World Mental Health Day commemorative events and programs; and

WHEREAS, The first World Mental Health Day was observed in 1992 at the initiative of the World Federation for Mental Health, a global mental health organization with members and contacts in more than 150 countries; and

WHEREAS, On this day, thousands of supporters come to celebrate this annual awareness program to bring attention to Mental Illness and its major effects on people's lives worldwide; and

WHEREAS, This event promotes open discussions on illnesses, as well as investments in prevention and treatment services; and

WHEREAS, However, stigma surrounding mental illness is a major barrier that prevents people from seeking the mental health treatment that they need; and

WHEREAS, Programs during Mental Health Day are designed to create community awareness and discussion in an effort to put an end to stigma and advocate for treatment and recovery; and

WHEREAS, Mental disorders affect nearly 12 percent of the world's population; about 450 million, or one out of every four people around the world, will experience a mental illness that would benefit from diagnosis and treatment; and

WHEREAS, The World Health Organization (WHO) statistics for 2002 showed that 154 million people globally suffered from depression, which is a form of mental illness; and

WHEREAS, According to WHO, mental health is defined as a state of well-being in which people realize their own potential, can cope with normal life stresses, can work productively, and can contribute to their community; and

WHEREAS, Mental health services lack human and financial resources in many countries, particularly low and middle income countries; and

WHEREAS, More support is needed to promote mental health to increase people's awareness of this serious issue; now, therefore, be it

RESOLVED, That this Legislative Body pause in its deliberations to memorialize Governor Andrew M. Cuomo to proclaim Saturday, October 10, 2015, as Mental Health Day in the State of New York; and be it further

RESOLVED, That a copy of this Resolution, suitably engrossed, be transmitted to The Honorable Andrew M. Cuomo, Governor of the State of New York.