

BY: Senator SKOUFIS

MEMORIALIZING Governor Andrew M. Cuomo to proclaim
May 2019, as Mental Health Month in the State of New
York

WHEREAS, The State of New York takes great pride in participating in events designed to raise awareness of serious health issues; and

WHEREAS, It is the sense of this Legislative Body to memorialize Governor Andrew M. Cuomo to proclaim May 2019, as Mental Health Month in the State of New York, in conjunction with the observance of Mental Health America's May is Mental Health Month; and

WHEREAS, Mental Health Month (MHM) began in 1949, to raise awareness of mental health conditions and mental wellness for all; and

WHEREAS, Mental illness is common, yet many never get help; 18.5 percent of adults (nearly 1 in 5) will have a mental illness in any given year, yet only 41 percent of people with a mental illness use mental health services in any given year; furthermore, for those who ultimately do get help, the average delay in getting treatment is 10 years from the first onset of symptoms; and

WHEREAS, The first signs and symptoms of mental health problems, some of which develop to the point of becoming diagnosable mental illness begin on average, at about 14 years of age; and

WHEREAS, Untreated mental illness has serious consequences; this is a serious problem because unrecognized, untreated and late treated mental illness elevates the risk of mental health crises such as suicide and self-injury, diminishes prospects for recovery and contributes to substance abuse and other damaging negative coping behaviors; and

WHEREAS, 1 in 12 high school students have attempted suicide; suicide is the second leading cause of death for ages 10-24, and also the second leading cause of death for college-age youth and ages 12-18; and

WHEREAS, More teenagers and young adults die from suicide than from cancer, heart disease, AIDS, birth defects, stroke, pneumonia, influenza, and chronic lung disease combined; and

WHEREAS, Many adults miss or dismiss these early signs and symptoms and young people are even less likely to recognize or understand what is happening to them; and even when there is some recognition that a young person is struggling, stigma often causes people to ignore, dismiss or rationalize a child's true need for help; the result is often as tragic as it is unnecessary; and

WHEREAS, It is imperative that there be greater public awareness of this health issue, and more must be done to increase activity at the

local, State and national levels; now, therefore, be it

RESOLVED, That this Legislative Body pause in its deliberations to memorialize Governor Andrew M. Cuomo to proclaim May of 2019, as Mental Health Month 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.