

HR278 INTRODUCED



1 HR278
2 HU29388-1
3 By Representative Lands
4 RFD: RULES
5 First Read: 07-May-24



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HR___ DESIGNATING MAY 2024 AS MENTAL HEALTH AWARENESS MONTH
IN THE STATE OF ALABAMA.

WHEREAS, there is a proven connection between good
mental health and overall personal health; and

WHEREAS, mental illnesses in some way affect almost
every family in the United States; and

WHEREAS, 50 percent of all lifetime mental illness
begins by 14 years of age; 75 percent of mental illnesses
manifest by 24 years of age; and

WHEREAS, people with mental illnesses have the
possibility of recovering if given the necessary services
and support in their communities; and

WHEREAS, with early and effective treatment, those
individuals with mental health conditions could recover and
lead full, productive lives; and

WHEREAS, millions of adults and children are disabled
by mental illnesses every year; and

WHEREAS, only one out of two people with a serious
form of mental illness seeks treatment for his or her mental
illness; and

WHEREAS, stigma and fear of discrimination keep many
who would benefit from mental health services from seeking
help; and



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29 WHEREAS, research shows that the most effective way
30 to reduce stigma is through personal contact with
31 individuals who have a mental illness; and

32 WHEREAS, greater public awareness about mental
33 illnesses can change negative attitudes and behaviors toward
34 individuals with mental illnesses; and

35 WHEREAS, each business, school, governmental agency,
36 health care provider, organization, and citizen share the
37 burden of mental health issues and has a responsibility to
38 promote mental health wellness and advocate for support and
39 prevention efforts; now therefore,

40 BE IT RESOLVED BY THE HOUSE OF REPRESENTATIVES OF THE
41 LEGISLATURE OF ALABAMA, That the month of May 2024 is
42 designated as Mental Health Awareness Month in the State of
43 Alabama and each citizen, governmental agency, public and
44 private institution, business, and school is encouraged take
45 this month to recommit our communities to increasing
46 awareness and understanding of mental illness, reducing
47 stigma and discrimination, and promoting appropriate and
48 accessible services for all people who are suffering with
49 mental illnesses.