

Commonwealth of Pennsylvania
Governor's Office
Proclamation
Teen Mental Health Awareness Day
May 23, 2021

WHEREAS, early identification, intervention, and treatment of mental illness and behavioral disorders can improve—and even save—lives; and,

WHEREAS, according to the World Health Organization, half of all mental health conditions start by age fourteen, but most cases are undetected and untreated; and,

WHEREAS, TEEN MENTAL HEALTH AWARENESS DAY is designed to increase awareness of mental health issues for teenagers and eliminate stigmas surrounding preventative mental health; and,

WHEREAS, teenagers can experience high levels of stress and anxiety about school, family, friends, health, and money. Overconsumption of news and media can lead to other stressful topics such as global warming, gun violence, and police brutality; and,

WHEREAS, it is important to learn the signs and symptoms of mental health conditions in order to seek and receive help when it is needed; and,

WHEREAS, teens today pave the way for a better tomorrow and it is essential that they learn early about the importance of mental health; and,

WHEREAS, there is a lack of teen representation in mental health policymaking despite the impact of these decisions on the teen experience. It is important that teen voices are included when policies are being crafted; and,

WHEREAS, teens experiencing mental illness and mental health issues face damaging and destructive stigma due to the lack of education about mental health; and WHEREAS, school, mental health, and stigma are interconnected. We must strive to create more accommodating learning environments for youth who may be battling with mental health issues; and,

WHEREAS, along with mental health advocacy, it is important to acknowledge the intersectionality between mental health and race and ethnicity. Teens in marginalized communities experience larger disparities in mental health services, and have higher rates of mental health disorders.

THEREFORE, I, Tom Wolf, Governor of the Commonwealth of Pennsylvania, do hereby proclaim May 23, 2021 as TEEN MENTAL HEALTH AWARENESS DAY. I call on citizens, government agencies, public and private institutions, businesses, and schools to increase awareness and recognize the importance of teen mental health dialogue and policy.

GIVEN under my hand and the Seal of the Governor, at the City of Harrisburg, this third day of May two thousand

twenty-one, the year of the commonwealth the two
hundred forty-fifth.

TOM WOLF
Governor