

STATE OF SOUTH CAROLINA
COUNTY OF HORRY
CITY OF MYRTLE BEACH



MENTAL HEALTH AWARENESS MONTH MAY 2023

WHEREAS, Good mental health is essential to everyone's physical health and well-being; and

WHEREAS, Mental illness can affect anyone of any age, race, religion or socioeconomic status, and individuals with mental illness, both diagnosed and undiagnosed, very well may be our friends, family, neighbors and co-workers; and

WHEREAS, One in four American adults will experience an episode of mental illness each year, while four million children and adolescents will deal with some form of mental illness annually that causes significant functional impairment at home, at schools and with peers; and

WHEREAS, The Myrtle Beach Police Department reports that calls for service indicating a possible mental health issue have doubled during the last five years; and

WHEREAS, Research suggests that eating a balanced diet, getting enough sleep, exercising regularly and connecting with family and friends can help up to better handle challenges effectively and reduce the burden of adverse mental health conditions; and

WHEREAS, Recovery is possible, and every citizen, business, school, government and organization shares responsibility for treating or preventing mental health issues;

NOW, THEREFORE, BE IT PROCLAIMED that the City of Myrtle Beach hereby designates May 2023, as Mental Health Awareness Month and urges our community to increase its awareness and understanding of mental health and the need for appropriate and accessible mental health services for all.



Signed and sealed this 23rd day of May 2023.

Brenda Bethune

BRENDA BETHUNE, MAYOR

Jennifer Adkins

JENNIFER ADKINS, CITY CLERK