

# County of Luzerne

PENNSYLVANIA



## Resolution

### PROCLAMATION

**WHEREAS**, Teen Mental Health Awareness Day is designed to raise awareness that mental health is essential for teens and that mental health issues deserve to be treated as health issues, with care and compassion; and

**WHEREAS**, according to Mental Health America State of Mental Health Report over 60% of youth with major depression in the United States do not receive any mental health treatment. Even in states with the greatest access, nearly one in three are going without treatment; and

**WHEREAS**, according to a CDC study more than a third (37%) of high school students in the United States experienced poor mental health at least most of the time during the COVID-19 pandemic; and

**WHEREAS**, teens in Pennsylvania are not currently protected by legislation granting excused mental health days from school, which can cause mental health crises to compound; and

**WHEREAS**, teens today face significant academic pressures, increasing anxiety, and mental health disorders with limited supportive resources. Existing resources within and beyond school environments lack visibility; and

**WHEREAS**, youth are often dismissed because of their age. We recognize that our youth are the future and that they deserve to be heard and respected. Therefore, it is important that youth have leadership positions at the decision-making table; and

**WHEREAS**, people with disabilities deserve access to a safe and inclusive education. Factors that create unsafe conditions, such as bullying, exclusion, and lacking accommodations (including limited remote schooling options), can negatively impact mental well-being; and

**WHEREAS**, teens can struggle to find safe and helpful mental health support due to the under-representation of people of diverse socioeconomic statuses, gender expressions, sexualities, races, and cultures in the mental health systems.

**NOW, THEREFORE, WE**, the Luzerne County Council, do hereby recognize the importance of teen mental health dialogue and policy and proclaim May 23<sup>rd</sup> as “Teen Mental Health Awareness Day” in Luzerne County.

**Attest:**

**Luzerne County Council Chair**