

# SR-15

Spread awareness about mental health, increase focus on Men's Mental Health Month, and to change Men's Mental Health Month to November.

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## IN THE SENATE OF THE AMERICAN LEGION BOYS NATION

Mr. Stone of Utah submitted the following resolution;

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## RESOLUTION

Spread awareness about mental health, increase focus on Men's Mental Health Month, and to change Men's Mental Health Month to November.

Whereas Men make up around 50% of the population but nearly 80% of all suicides (asfp.org);

Whereas there are over 100 men on average who take their lives every single day (asfp.org);

Whereas the social stigma that men have to be strong and can't show their feelings or talk to anybody leads to an increase in the male suicide rate due to lack of support

Whereas over 38% of men do not ever talk about their feelings, and almost 3 in 10 have never even cried in front of someone else (zurich.com);

Whereas Pride Month is also in June, and therefore takes all the attention away from men's mental health awareness; and

Whereas over 6 million men suffer from depression each year, but men's depression is often under-diagnosed (adaa.org); Now, therefore, be it

Resolved, that the senate -

(1) Declare Men's Mental Health Awareness Month as November; (2) Recognize and make efforts to increase the focus of the month of November on Men's Mental Health Month to separate Pride month and Men's Mental Health Month; and (3) spread awareness of men's mental health in general and allow men to have a safe and encouraging space to talk to people and share their issues.