



Mental Health: Break the Silence

- WHEREAS Mental wellness is a critical element of overall wellness and according to the 2017 United States data over 40million Americans have been identified with a mental health condition indicating 1 in 5 adults have a mental health diagnosis; and
- WHEREAS Youth mental health is worsening and the number of youth committing suicide while live streaming on social media has become a common trend, and youth battling depression are climbing to an alarming number; and
- WHEREAS There still exist a stigma associated with mental illness, and access to care and service continue to pose a problem due to health care reforms, that reduced the rate of uninsured adults obtaining services needed to address the problems and a shortage of the mental health workforce being in existence; and
- WHEREAS Homicide, and vicious acts of violence committed on innocence people can be associated with mental illness, individuals incarcerated are less likely to obtain services due to limited access to care and lack of trained professional to meet the demand for care; and
- WHEREAS The State of Alabama is one of three states including Mississippi and Arkansas with less access to care for mental health and having the highest rate of imprisonment.
- RESOLVED The Alabama State Nurses make a commitment to engage in healthy dialogue with our political leaders and community partners at the state level to educate and heighten the awareness of the crisis that exist within our state and the importance of integrated services, care and treatment for those in need.
- RESOLVED The Alabama State Nurses encourage its membership of nurses to promote mental health wellness by engaging in activities that will provide a balance for work and home.