

118TH CONGRESS  
1ST SESSION

# H. RES. 372

Expressing support for the designation of May 2023 as “Mental Health Awareness Month”.

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## IN THE HOUSE OF REPRESENTATIVES

MAY 9, 2023

Mrs. NAPOLITANO (for herself, Mr. STEWART, Mr. BACON, Ms. BALINT, Ms. BARRAGÁN, Mr. BLUMENAUER, Ms. BLUNT ROCHESTER, Ms. BONAMICI, Ms. BROWNLEY, Ms. BUDZINSKI, Ms. BUSH, Mr. CÁRDENAS, Mr. CARSON, Ms. CASTOR of Florida, Ms. CHU, Mr. CLEAVER, Mr. COHEN, Mr. CORREA, Ms. CRAIG, Mr. CUELLAR, Mr. DESAULNIER, Mrs. DINGELL, Mr. DOGGETT, Ms. ESHOO, Mr. ESPAILLAT, Mr. EVANS, Mr. FITZPATRICK, Mr. GARCÍA of Illinois, Mr. HARDER of California, Mrs. HAYES, Mr. HIGGINS of New York, Ms. HOYLE of Oregon, Ms. JACKSON LEE, Ms. KAMLAGER-DOVE, Ms. KAPTUR, Mr. KILMER, Mr. KIM of New Jersey, Ms. LEE of California, Mrs. LEE of Nevada, Mr. LYNCH, Ms. MATSUI, Ms. MCCOLLUM, Mr. MCGOVERN, Ms. MOORE of Wisconsin, Mr. MOSKOWITZ, Mr. MOULTON, Mr. NADLER, Mr. NORCROSS, Ms. NORTON, Mr. PETERS, Ms. PETTERSEN, Ms. PORTER, Mr. RASKIN, Mr. RUIZ, Mr. SABLAN, Ms. SALINAS, Mr. SCHIFF, Mr. SCHNEIDER, Mr. SORENSEN, Mr. THANEDAR, Mr. THOMPSON of California, Mr. THOMPSON of Mississippi, Ms. TITUS, Ms. TOKUDA, Mr. TONKO, Mr. TORRES of New York, Mrs. TRAHAN, Mr. TRONE, Ms. VELÁZQUEZ, Mrs. WATSON COLEMAN, Mr. COSTA, Mr. KRISHNAMOORTHY, and Mrs. TORRES of California) submitted the following resolution; which was referred to the Committee on Energy and Commerce

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## RESOLUTION

Expressing support for the designation of May 2023 as  
“Mental Health Awareness Month”.

Whereas mental health and well-being during the coronavirus (COVID–19) pandemic has taken a toll on and been stressful for millions of Americans;

Whereas the effects of COVID–19 on mental health have been well-documented, and the need for additional treatment services only continues to grow;

Whereas, according to the Substance Abuse and Mental Health Services Administration (SAMHSA) in 2019, 51,400,000 American adults lived with a mental illness prior to the pandemic;

Whereas, according to Pew Research Center analysis in 2022, at least 4 in 10 American adults have experienced high levels of psychological distress since the initial outbreak of the COVID–19 pandemic;

Whereas the 2021 National Survey on Drug Use and Health conducted by SAMHSA found that—

(1) the number of American adults living with a mental illness has risen from 51,400,000 in 2019 to 57,800,000 in 2021;

(2) nearly half of Americans between the ages of 18 and 25 have lived with a mental illness during the past year;

(3) 66 percent of adolescents aged 12 to 17 and 64 percent of adults aged 18 or older felt that the COVID–19 pandemic has had a negative impact on their mental or emotional health; and

(4) 3,300,000 adolescents between the ages of 12 and 17 and 12,300,000 adults had serious thoughts of suicide during the past year;

Whereas an October 2022 Kaiser Family Foundation/CNN Mental Health in America Survey found that—

(1) 90 percent of the public think that there is a mental health crisis in the United States today;

(2) 55 percent of the public think that mental health issues in children and teenagers in the United States today are a crisis;

(3) 47 percent of parents say that the COVID–19 pandemic has had a negative impact on their child’s mental health; and

(4) 51 percent of all adults say they or a family member has experienced a severe mental health crisis;

Whereas the Stress in America 2022 survey conducted by the American Psychological Association found that—

(1) 27 percent of adults are so stressed that they struggle to function;

(2) 46 percent of adults struggle to go to work or attend school because of stress; and

(3) 62 percent of women and 51 percent of men between the ages of 18 and 34 feel completely overwhelmed by stress every day;

Whereas the 2022 Access to Care Survey conducted by the National Council for Mental Wellbeing found that—

(1) 2 in 5 Americans reported needing mental health care;

(2) 43 percent of Americans who needed mental health care over the past 12 months did not receive it; and

(3) two-thirds of Americans believe that it is harder to find a mental health care provider than it is to find a physical health care provider;

Whereas a February 2023 Household Pulse Survey found that 28.2 percent of adults reported symptoms of anxiety disorder;

Whereas, according to the Centers for Disease Control and Prevention (CDC), mental health disorders are chronic conditions, and without proper diagnosis and treatment children can face problems at home and in school which can interfere with their future development;

Whereas more resources should be dedicated in schools to the prevention, early detection, and treatment of mental health disorders in children;

Whereas childhood depression is more likely to persist into adulthood if it is left untreated;

Whereas it is important that the United States provide the necessary funding and resources to reach children and youth early on in life;

Whereas the February 18, 2022, CDC Morbidity and Mortality Weekly Report found that between 2020 and 2022, the number of pediatric emergency department visits associated with mental health conditions increased and was most pronounced in girls between the ages of 12 and 17;

Whereas the October 14, 2022, CDC Morbidity and Mortality Weekly Report found that 3 in 4 high school students experienced at least 1 adverse childhood experience during the COVID–19 pandemic and that these experiences increase an individual’s likelihood to report poor mental health or suicidal behavior in the future;

Whereas the COVID–19 pandemic has accelerated the use of digital technologies, such as any social media;

Whereas there has been a great concern about the impact of social media on the mental health of children and youth;

Whereas social media does expose children to bullying, depression, anxiety, and self-harm;

Whereas there is a strong need to further understand and deter any negative impacts of social media on children and youth;

Whereas the CDC's Youth Risk Behavior Survey Data Summary and Trends Report: 2011–2021, found that—

(1) nearly 3 in 5 teen girls in the United States experienced depressive symptoms in 2021, which is double that of boys and the highest levels reported in decades; and

(2) youth experienced high and worsening levels of persistent sadness or hopelessness across all racial and ethnic groups;

Whereas the 2022 Adolescent Behaviors and Experiences Survey prepared by the CDC found that—

(1) 36 percent of heterosexual high school students and 75 percent of LGBTQ+ high school students felt persistently sad or hopeless for an extended period during the last 12 months;

(2) 14 percent of heterosexual high school students and 47 percent of LGBTQ+ high school students seriously considered attempting suicide during the last 12 months; and

(3) 5 percent of heterosexual high school students and 26 percent of LGBTQ+ high school students actually attempted suicide during the last 12 months;

Whereas, according the 2022 National Survey on LGBTQ Youth Mental Health conducted by The Trevor Project, 60 percent of LGBTQ youth who wanted mental health care in the past year were not able to get it and 45 percent of LGBTQ youth seriously considered attempting suicide over this same time period;

Whereas disparities remain in access to mental health treatment for communities of color, with Asian, Native American, Hispanic, and Black individuals less likely to receive mental health care than their counterparts;

Whereas a July 2021 survey conducted by the National Council for Mental Wellbeing found that from July 2020 to July 2021—

(1) 46 percent of Black adults say they are experiencing more stress and mental health challenges, but just 21 percent say they have received treatment or care of any kind for their mental health;

(2) 45 percent of Native American adults have experienced more stress and mental health challenges, but only 24 percent have received treatment for mental health;

(3) 42 percent of Hispanic adults report experiencing more stress and mental health challenges, but just 26 percent say they have received mental health treatment;

(4) 40 percent of Asian adults say they are experiencing more stress and mental health challenges, but just 11 percent say they have received treatment or care of any kind; and

(5) almost half (47 percent) of all adults surveyed stated that the cost of help or treatment is an obstacle in seeking treatment for their mental health;

Whereas, in 2021, the Kaiser Family Foundation found that over half of White, Hispanic, and Black adults say that the COVID–19 pandemic has had a negative impact on their mental health;

Whereas suicide is a significant public health issue that can have an enduring impact on individuals and their communities;

Whereas additional resources should be dedicated to the prevention of suicide in the United States;

Whereas, according to the CDC, the overall suicide rate in the United States increased by 30 percent between 2000 and 2020;

Whereas provisional data published by the CDC in September 2022 found that—

(1) suicide is the second leading cause of death in the United States for individuals between the ages of 10 and 34; and

(2) the number of suicides was 4 percent higher in 2021 than it was in 2020;

Whereas veterans are more likely to experience mental health challenges than civilians;

Whereas it is important that the United States provide additional funding and resources to support veterans with mental health needs;

Whereas the 2022 National Veteran Suicide Prevention Annual Report found that—

(1) in 2020, there were 6,146 veteran suicides, which is a daily average of 16.8;

(2) the suicide rate for veterans was 57.3 percent greater than for nonveteran United States adults; and

(3) the suicide rate was highest among veterans between the ages of 18 and 34; and

Whereas it would be appropriate to observe May 2023 as “Mental Health Awareness Month”: Now, therefore, be it

1        *Resolved*, That the House of Representatives—

1           (1) supports the designation of “Mental Health  
2           Awareness Month” to remove the stigma associated  
3           with mental illness and place emphasis on scientific  
4           findings regarding mental health recovery;

5           (2) declares mental health a national priority;

6           (3) supports the expansion of funding for men-  
7           tal health services;

8           (4) recognizes that mental well-being is equally  
9           as important as physical well-being for citizens, com-  
10          munities, schools, businesses, and the economy in  
11          the United States;

12          (5) applauds the coalescing of national, State,  
13          local, medical, and faith-based organizations in  
14          working to promote public awareness of mental  
15          health and providing critical information and sup-  
16          ports to individuals and families affected by mental  
17          illness; and

18          (6) encourages all to draw on “Mental Health  
19          Awareness Month” as an opportunity to promote  
20          mental well-being and awareness, ensure access to  
21          appropriate coverage and services, and support over-  
22          all quality of life for those living with mental illness.

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