

treatment services nearby, call 1-800-662-HELP. The National Suicide Prevention Lifeline offers immediate assistance for all Americans, including service members and veterans, at 1-800-273-TALK.

Our commitment cannot end there. We must ensure people have access to the care they need—which is why the Affordable Care Act will expand mental health and substance use disorder benefits and Federal parity protections for 62 million Americans. For the first time, the health care law will prevent insurers from denying coverage because of a pre-existing condition. The Act already requires new health plans to cover recommended preventive services like depression screening and behavioral assessments for children at no extra cost to patients.

My Administration will keep building on those achievements. Earlier this year, I was proud to launch the BRAIN Initiative—a new partnership between government, scientists, and leaders in the private sector to invest in research that could unlock new treatments for mental illness and drive growth throughout our economy. We have made unprecedented commitments to improving mental health care for veterans suffering from traumatic brain injury and post-traumatic stress disorder. And we have proposed new funding for mental health programs that will help teachers and other adults recognize the signs of mental illness in children, improve mental health outcomes for young people, and train 5,000 more mental health professionals to serve our youth.

Mental health problems remain a serious public health concern, but together, our Nation is making progress. This month, I encourage all Americans to advance this important work by raising awareness about mental health and lending strength to all who need it.

NOW, THEREFORE, I, BARACK OBAMA, President of the United States of America, by virtue of the authority vested in me by the Constitution and the laws of the United States, do hereby proclaim May 2013 as National Mental Health Awareness Month. I call upon citizens, government agencies, organizations, health care providers, and research institutions to raise mental health awareness and continue helping Americans live longer, healthier lives.

IN WITNESS WHEREOF, I have hereunto set my hand this thirtieth day of April, in the year of our Lord two thousand thirteen, and of the Independence of the United States of America the two hundred and thirty-seventh.

BARACK OBAMA

Proclamation 8970 of April 30, 2013

National Physical Fitness and Sports Month, 2013

*By the President of the United States of America
A Proclamation*

Over the past 3 years, communities all across America have joined First Lady Michelle Obama's *Let's Move!* initiative, which aims to help parents make healthy choices and give our children a strong start. Today, families

have more of the tools and know-how they need to embrace a healthy lifestyle. Kids and adults are finding new ways to bring exercise into their daily lives. And by getting active, our youngest generation is not only improving their health, but also their ability to learn and be successful later in life. During National Physical Fitness and Sports Month, we celebrate that progress and keep striving for more.

To help more kids and families get moving and make exercise a lifelong habit, we are working to create more opportunities for physical activity—whether on the playground, in the classroom, or at work. Through *Let's Move!* and the President's Council on Fitness, Sports, and Nutrition, we continue to advance that mission by collaborating with partners in every corner of our country—public and private, large and small, national and neighborhood. Together, we are helping cities, towns, and counties raise a healthier generation of kids. And earlier this year, we built on that work by launching a new program to bring physical activity back to our schools. To learn more and join in, visit www.LetsMove.gov and www.Fitness.gov.

With simple steps, all of us can make physical activity a way of life. This month, we recognize Americans who are choosing that future for themselves and inspiring others to do the same. We also take this opportunity to renew the call to action. I encourage business, faith, and community leaders to uphold physical activity as an important way to enrich our neighborhoods. I call on schools to make good health and exercise part of a good education. And alongside our friends and family, let each of us recommit to leading a healthy, active lifestyle, and setting our children on the path to a bright future.

NOW, THEREFORE, I, BARACK OBAMA, President of the United States of America, by virtue of the authority vested in me by the Constitution and the laws of the United States, do hereby proclaim May 2013 as National Physical Fitness and Sports Month. I call upon the people of the United States to make daily physical activity, sports participation, and good nutrition a priority in their lives.

IN WITNESS WHEREOF, I have hereunto set my hand this thirtieth day of April, in the year of our Lord two thousand thirteen, and of the Independence of the United States of America the two hundred and thirty-seventh.

BARACK OBAMA

Proclamation 8971 of April 30, 2013

Older Americans Month, 2013

*By the President of the United States of America
A Proclamation*

For half a century, communities in every corner of our country have come together to honor older Americans in a special way during the month of May. We carry that tradition forward again this year by recognizing their accomplishments, sharing their stories, and showing support and appreciation for our elders.