

# PROCLAMATION

**Proclamation:** May is Mental Health Month in [City/County/State]

**WHEREAS**, mental health is an essential part of overall well-being, impacting individuals, families, and communities across [City/County/State];

**WHEREAS**, one in five American adults experiences a mental health condition each year and everyone faces challenges in life that can impact their mental health;

**WHEREAS**, despite its prevalence, mental health remains shrouded in stigma, preventing many from seeking help;

**WHEREAS**, early intervention and access to quality care are crucial for managing mental health conditions and improving quality of life;

**WHEREAS**, May is recognized nationally as Mental Health Awareness Month, providing an opportunity to raise awareness, combat stigma, and promote mental health resources;

**NOW, THEREFORE, I, [Name of Official], [Title of Official], do hereby proclaim May 2024 as Mental Health Month in [City/County/State].**

I encourage all residents of [City/County/State] to:

- **Educate themselves and others** about mental health conditions, treatment options, and available resources.
- **Challenge stigma** by speaking respectfully and inclusively about mental health.
- **Seek help** if they are struggling with their mental health and encourage others to do the same.
- **Support organizations** that provide mental health services and advocacy.
- **Create safe and supportive environments** for open conversations about mental health.
- Together, we can create a community where everyone feels empowered to prioritize their mental well-being and seek help when needed.

**IN WITNESS WHEREOF**, I have hereunto set my hand and caused the seal of [City/County/State] to be affixed this [Date] day of May, 2024.

[Signature]  
[Name of Official]  
[Title of Official]

## **Additional Notes:**

You can customize this proclamation by adding specific statistics about mental health in your area, highlighting local mental health resources, and outlining any events or initiatives planned for the month. Be sure to replace the bracketed information with the appropriate details.

You can also consider including a call to action, such as encouraging residents to participate in a mental health walk or screening event.