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.