

***Mental Health Month 2024***

WHEREAS, mental health is essential to everyone's overall health and well-being; and

WHEREAS, According to Colorado Health Institute, Colorado has the nation's sixth highest suicide rate; and

WHEREAS, all individuals face challenges in life that can impact their mental health, therefore it is our duty as a community to help reduce stigma in seeking professional help for mental health support; and

WHEREAS, prevention is an effective way to reduce the burden of mental health conditions; and

WHEREAS, there are practical tools that all people can use to improve their mental health and increase resiliency; and

WHEREAS, mental health conditions are real and prevalent in our nation; and

WHEREAS, with effective treatment, those individuals with mental health conditions can recover and lead full, productive lives; and

WHEREAS, each business, school, government agency, health care provider, organization and citizen share the burden of mental health problems and has a responsibility to promote mental wellness and support prevention and treatment efforts.

WHEREAS, organizations like Tri-County Health Network fight all year, not just in May, to bring mental health awareness to the forefront and offer programs and services to the community to address mental health needs.

THEREFORE, I [NAME OF PUBLIC OFFICIAL], do hereby proclaim May 2024 as Mental Health Month in [STATE OR COMMUNITY]. As the [TITLE OF LOCAL OFFICIAL], I also call upon the citizens, government agencies, public and private institutions, businesses, and schools in [STATE OR COMMUNITY] to commit our community to increasing awareness and understanding of mental health, the steps our citizens can take to protect their mental health, reducing stigma around seeking help, and the need for appropriate and accessible services for all people with mental health conditions.

A handwritten signature in blue ink, appearing to read "C. Meehan".