SAMPLE PROCLAMATION

Mental Health Awareness Month 2020

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

WHEREAS, all Marylanders experience times of difficulty and stress in their lives; and

WHEREAS, stigma leads people to avoid living, socializing or working with, renting to, or employing individuals with mental illness; and individuals living with [mental illness](http://www.nami.org/Learn-More/Mental-Health-Conditions) often internalize the stigma that exists in our culture, damaging hopes for recovery;

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

WHEREAS, each business, school, government agency, healthcare provider, organization, and citizen have an opportunity to help create a broader understanding of mental health, overcome stereotypes, break down barriers, eliminate stigma and replace it with help and hope.

THEREFORE, I [NAME OF PUBLIC OFFICIAL], do hereby proclaim May 2020 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 recommit our community to increasing awareness, support and understanding of mental health, the steps our citizens can take to protect their mental health, and the need for appropriate and accessible services for all people with mental health conditions. Together, we can encourage acceptance and understanding. Together, we can advocate for a better world.