



# Proclamation



## Mental Health Awareness Month

**WHEREAS**, since 1949, Mental Health Awareness Month has been observed each May in the United States; and

**WHEREAS**, the purpose of Mental Health Awareness Month is to raise awareness and educate the public about mental illnesses; to draw attention to suicide, which can be precipitated by some mental illnesses; and to reduce the stigma that surrounds mental illnesses; and

**WHEREAS**, approximately 1 in 5 adults in the U.S. experience a mental illness; nearly 1 in 25 live with a serious mental illness; one-half of all chronic mental illness begins by age of 14 and three-quarters by the age of 24; approximately 10.2 million adults have co-occurring mental health and addiction disorders; and

**WHEREAS**, the stress, isolation, and uncertainty inflicted by the COVID-19 pandemic has presented significant mental health challenges for all people; as we continue to overcome this international health crisis, it is imperative that we acknowledge its mental health toll, and to support those who are suffering, and to encourage them to seek help if needed; and

**WHEREAS**, the theme of this year's Mental Health Awareness Month is "You Are Not Alone" and using the time to focus on the healing value of connecting in safe ways, prioritizing mental health, and acknowledging that it's okay to not be okay; these connections and stories will be shared by the National Alliance on Mental Illness through their website [www.nami.org](http://www.nami.org).

**NOW, THEREFORE, BE IT RESOLVED** that I, Lydia E. Lavelle, Mayor of the Town of Carrboro, North Carolina, do hereby proclaim May, 2021 as "**MENTAL HEALTH AWARENESS MONTH**." I ask all residents to support those who struggle with mental health challenges, to understand the resources that are available to those in need, and to encourage those in need to seek help, in order to achieve well-being for themselves as well as their friends, families, and community.

This the 4<sup>th</sup> day of May 2021.



Lydia E. Lavelle, Mayor