



## **PROCLAMATION RECOGNIZING MAY AS MENTAL HEALTH AWARENESS MONTH**

**WHEREAS,** mental health is an essential part of overall well-being, impacting individuals, families, and communities across Albemarle County Public Schools; and

**WHEREAS,** more than 1 in 10 youth in the United States experienced depression that severely impaired function at school, home, with family, or in their social life in 2023, according to Mental Health America; and

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

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

**WHEREAS,** Albemarle County Public Schools has committed itself to supporting student mental health and social-emotional development; and

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

**BE IT PROCLAIMED** that we, members of the Albemarle County School Board, do hereby recognize the month of May as Mental Health Awareness Month in Albemarle County Public Schools and call upon all members of our community to:

- **Educate themselves and others** about mental health conditions, treatment options and resources;
- **Challenge stigma** by speaking respectfully and inclusively about mental health;
- **Seek help** if they are struggling with mental health and encourage others to do the same; and
- **Create safe and supportive environments** for open conversations about mental health.