



## Proclamation Recognizing Mental Health Awareness Month

**WHEREAS,** Mental Health Awareness Month was founded in the United States in 1949 to educate the public about mental illness, and highlight of the importance of mental health and wellness for all Americans; and

**WHEREAS,** the World Health Organization defines mental health as a state of mental well-being that enables people to cope with the stresses of life, realize their abilities, learn well and work well, and contribute to their community. It is a basic human right, and crucial to personal, community and socio-economic development; and

**WHEREAS,** according to the latest statistics available from the National Institute of Mental Health Disorders, part of the National Institutes of Health, it is estimated that 26% of Americans ages 18 and older, about 1 in 4 adults, suffers from a diagnosable mental disorder in a given year; and

**WHEREAS,** the County is committed to supporting mental health resources for our citizens and employees through our community partners, ongoing work with area non-profit agencies, and our Department of Social Services.

**NOW, THEREFORE, BE IT RESOLVED,** that we, the Albemarle County Board of Supervisors, do hereby recognize May as Mental Health Awareness Month, and confirm our commitment educating the community about mental wellbeing.

*Signed this 17<sup>th</sup> day of May, 2023*

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Donna Price, Chair  
Albemarle Board of County Supervisors