

# BEN HILL COUNTY PROCLAMATION MENTAL HEALTH AWARENESS MONTH MAY 2026

WHEREAS, mental health is essential to everyone's overall health and well-being, yet nearly 1 in 5 adults in the United States experience a mental health condition each year; and

WHEREAS, approximately 1 in 20 adults live with a serious mental illness such as schizophrenia, major depression, or bipolar disorder; and

WHEREAS, 1 in 6 youth aged 6–17 experience a mental health disorder each year, and suicide remains a leading cause of death among youth; and

WHEREAS, mental health conditions are real, common, and treatable—mental illness is a biological condition that affects the brain, just as other medical conditions affect other parts of the body; and

WHEREAS, with proper diagnosis, treatment, and community support, people living with mental health conditions can and do recover and lead full, productive lives; and

WHEREAS, less than half of U.S. adults and only around 60% of youth with diagnosable mental health conditions receive needed mental health services in a given year; and

WHEREAS, stigma, fear, and lack of understanding prevent many individuals from seeking the help they need, despite the availability of effective treatments; and

WHEREAS, public education and open conversations about mental health are critical in reducing stigma and improving access to care for all individuals in our community.

**NOW, THEREFORE, BE IT PROCLAIMED** that the Ben Hill County Board of Commissioners

do hereby proclaim the month of **May 2026** as: **MENTAL HEALTH AWARENESS MONTH** in Ben Hill County.

We encourage all citizens, government agencies, public and private institutions, businesses, and schools to recommit to increasing awareness and understanding of mental health, to confront stigma and discrimination, and to promote accessible and compassionate care for all.

**SO PROCLAIMED**, this \_\_\_\_\_ day of \_\_\_\_\_, 2026.

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Signature

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Printed Name & Title