



# County Commissioners of Charles County

## PROCLAMATION 2023-32

### National Mental Health Awareness Month

**WHEREAS**, mental Health Awareness Month coincides with one of the most complex and challenging periods in our history, combatting the coronavirus pandemic; and

**WHEREAS**, in addition to the immense physical suffering and loss of many people, this virus has also resulted in increased stress, trauma, anxiety and heightened levels of depression; and

**WHEREAS**, the stress and worry over the health and safety of family, friends, forced isolation, and financial distress can all result in anxiety, depression, substance misuse and abuse, and suicide; and

**WHEREAS**, mental health illness can affect anyone and can develop at any time and its effect spreads well beyond the individual to the family, friends, coworkers and the community; and

**WHEREAS**, we must fight the stigmas surrounding mental health illness and empower those affected by emotional distress and their loved ones to seek the care and treatment they need to enjoy the blessings of a fulfilling and productive life; and

**WHEREAS**, this year's theme, "Together for Mental Health," emphasizes the importance that now more than ever, we need to bring our voices together to advocate for mental health and access to care. No one should feel alone or without the information, support and help they need; and

**WHEREAS**, we should recommit to lifting up our struggling friends, family members, and neighbors with a touch of humanity and compassion and support them in seeking help for the promise of recovery, healing and renewal.

**NOW, THEREFORE, WE, THE COUNTY COMMISSIONERS OF CHARLES COUNTY, MARYLAND,** proclaim May 2023 as **National Mental Health Awareness Month** in Charles County and urge all residents take the time to acknowledge, support, and recognize those who may be suffering from mental health illness.



Attest:

Carol A. DeSoto, Clerk to the Commissioners

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