



County Commissioners of Charles County

PROCLAMATION 2021-24

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 mental and emotional hardships; 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, "You Are Not Alone," emphasizes the importance that now more than ever, we need to find ways to stay connected with our community. 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 2021 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.

COUNTY COMMISSIONERS OF
CHARLES COUNTY, MARYLAND

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Attest:

Carol A. DeSoto, Clerk to the Commissioners