



County Commissioners of Charles County

PROCLAMATION 2024-33

National Mental Health Awareness Month

WHEREAS, National 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

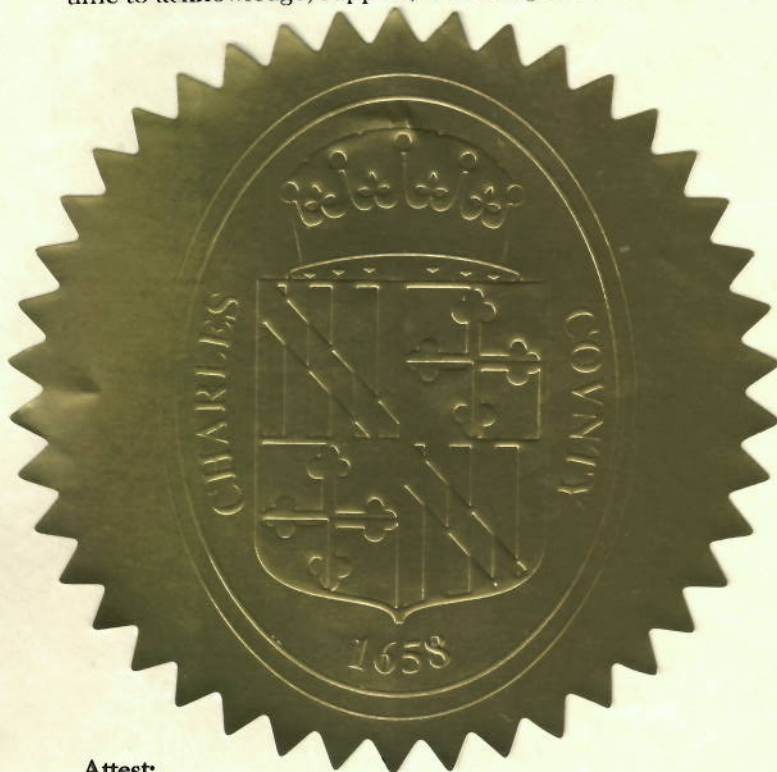
WHEREAS, mental health illness can affect anyone and can develop at any time and its effect spreads well beyond the individual to the family, friends, coworkers and the community; and

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, "Movement: Moving More for our Mental Health," aims to tackle stigma and help people understand and prioritize their own mental health as well as others; and

WHEREAS, we should recommit to lifting 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 2024 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

Reuben B. Collins, II, Esq., *President*

Ralph E. Patterson, II, M.A., *Vice President*
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Gilbert O. Bowling, III
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Thomasina O. Coates, M.S.
District 2

Amanda M. Stewart, M.Ed.
District 3

Attest:

Carol A. DeSoto, Clerk to the Commissioners

District 3