

Proclamation

“Mental Health Awareness Month”

May 2024

Whereas, Mental Health Awareness Month has been observed in May in the United States since 1949 and was first commemorated by the Mental Health America organization. The month is observed with media, local events, and film screenings; and,

Whereas, in the United States alone, approximately 46% of us will meet the criteria for a diagnosable mental health condition at some point in our lifetime. That is nearly one in five Americans experiencing this in any given year. According to the Colorado Health Institute, more than one in four people in Colorado reported poor mental health in 2023; and,

Whereas, this year’s theme for Mental Health Month is Where to Start: Mental Health in a Changing World. It can be difficult to know where to start when the landscape is constantly changing. The goal is to educate yourself and others about mental health conditions and resources, challenge stigma by speaking out about mental health, seek help if you are struggling, support organizations that provide services and advocacy, and create safe and supportive environments where mental health is openly spoken about and everyone is included; and,

Whereas, Adams County has several community resources dedicated to improving the mental health of our residents. The Adams County Health Department specifically has a Mental Health Promotion team committed to engaging with community partners to support mental health access, increase awareness, and prevent suicide. Adams County strives for a mentally healthy, suicide-free Adams County, where people have hope for their future; a sense of purpose and meaning in their lives; and feel they belong in their families, communities, and culture; and,

Whereas, Adams County’s A-Proud affinity groups, led by employees, provide a shared space for support, a greater sense of connection and community, and promote positive mental health within the foundation of Adams County; and,

Whereas, May is a dedicated month of asking more questions, being present, and educating ourselves and others on the importance of mental health. We must continue the conversation and extend our empathy with those in need. We must advise those within and those surrounding our community to do the same, long after the month of May has ended; and,

Whereas, by shedding a light on mental health, we break negative stigma, educate the public, become confident in our awareness, and become stronger versions of ourselves. In doing so, we help those in need and around the Adams County community who are still struggling.

Now, Therefore, Be It Resolved, that the Board of County Commissioners, of the County of Adams, State of Colorado, proclaims May 2024 as

“Mental Health Awareness Month”

In witness whereof, we have set our hands and caused the seal of the county to be affixed May 14, 2024.