

Middlesex County Office of Human Services & Mental Health Board

2022 Mental Health Awareness Month Proclamation

WHEREAS, the U.S. Surgeon General's Report on Mental Health has concluded that mental health is an essential component of overall health and well-being;

WHEREAS, for more than 70 years, Mental Health America has proclaimed May as "Mental Health Awareness Month", to raise awareness about mental health; celebrate consumer strength and resilience; and promote a message of hope and recovery;

WHEREAS, this year's Mental Health Awareness theme - *Back to Basics* - seeks to share foundational knowledge about mental health and information about what people can do if their mental health is a cause for concern;

WHEREAS, The County maintains the Middlesex County Mental Health Board and the Professional Advisory Committee to provide mental health advocacy and public leadership for the community;

WHEREAS, The County launched the Campaign to End Stigma to combat the social stigma and discrimination associated with mental illness that often prevents people from seeking help;

WHEREAS, social, cultural, and historical factors often impact the mental health of communities that have experienced racism which leads to a mental health burden that is deeper than what others may face;

WHEREAS, Middlesex County recognizes the dedication of the mental health workforce, especially peers, who provide much needed support and hope to those in need;

Now, ***THEREFORE***, I, Ronald G. Rios, on behalf of the County of Middlesex, do hereby proclaim the month of May, 2022 as Mental Health Awareness Month and call upon all citizens, agencies, and institutions to participate in efforts to increase awareness about mental illness, work towards eliminating stigma and discrimination, and promote the message of hope in Middlesex County!