



**PROCLAMATION**  
**MENTAL HEALTH MONTH**  
**MAY 1, 2024-MAY 31, 2024**

**WHEREAS**, During National Mental Health Awareness Month, we recognize the resilience, bravery, and challenges faced by the tens of millions of Americans living with mental health conditions.

**WHEREAS**, *the area where someone lives plays a significant role in their overall health and well-being including if, how, and when a person's needs are met, which in turn affects mental health; and*

**WHEREAS**, having a safe, stable, and healthy home and community creates the foundation for achieving and maintaining good mental health; and

**WHEREAS**, having access to comprehensive physical and mental health care when you need it is essential to living a full, productive, and healthy life and;

**WHEREAS**, we recognize that mental illness is a medical condition that disrupts a person's thinking, feelings, mood, ability to relate to others, and daily functioning; and

**WHEREAS**, mental illnesses can affect persons of any age, race, religion, or income and most people diagnosed with a serious mental illness can experience relief from their symptoms by actively participating in an individual treatment plan; and

**WHEREAS**, according to The Substance Abuse and Mental Health Services Administration, service cost or lack of insurance coverage was the most frequently cited reason for not using mental health services across all racial/ethnic groups; and

**WHEREAS**, According to the National Institute of Mental Health, nearly one in five U.S. adults live with a mental illness (52.9 million people in 2020). While Black and other People of Color (POC) have rates of mental health disorders similar to Whites, these disorders are more likely to last longer and result in more significant disability. Most mental illness goes untreated, especially in communities of color.

**WHEREAS**, a 2021 report by the US Department of Health and Human Services cites "persistent systemic social inequities and discrimination" that worsened stress and associated mental health concerns for Black and other People of Color during the COVID-19 pandemic.



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**WHEREAS**, each business, school, government agency, health care provider, organization, and citizen shares the burden of mental health problems and has a responsibility to promote mental wellness and support prevention efforts.

**WHEREAS**, those facing a crisis can dial 988 to reach the National Suicide and Crisis Lifeline: and

**WHEREAS**, new or expecting mothers, can dial 1-833-TLC-MAMA for confidential advice on mental health from a professional; and

**WHEREAS**, those in need of someone to talk to can contact the Substance Abuse and Mental Health Services Administration's National Helpline at 1-800-662-HELP, or visit FindSupport.gov

**Now**, Therefore, I, Rocio Treminio-Lopez, Mayor of The Town of Brentwood, MD, along with the Town Council formally designate May 2024, as Mental Health Month in the Town of Brentwood, MD.

**ATTEST:**

**ROCIO TREMINIO-LOPEZ, MAYOR**

**LARRY MORAN, TOWN CLERK**

