



# DUTCHESS COUNTY GOVERNMENT

OFFICE OF THE COUNTY EXECUTIVE

# Proclamation

**PROCLAMATION** Recognizing May as Mental Health Awareness Month.

**WHEREAS,** mental health is fundamental to individual and community well-being, and every person deserves access to the care, support, and resources needed to thrive; and

**WHEREAS,** Mental Health Awareness Month has been observed each May to raise awareness, reduce stigma, and promote understanding of mental health conditions that affect individuals and families in every community; and

**WHEREAS,** in 2026, Mental Health America recognizes Mental Health Awareness Month through the theme "More Good Days, Together," emphasizing the importance of connection, compassion, and community in supporting mental wellness; and

**WHEREAS,** more than 1 billion people worldwide live with a mental health condition, and nearly 1 in 5 Americans experience mental illness each year, underscoring the widespread need for awareness, education, and support; and

**WHEREAS,** mental health challenges can affect anyone regardless of age, background, or circumstance, and open conversations, early intervention, and access to treatment can make a meaningful difference in the lives of those impacted; and

**WHEREAS,** communities play a vital role in fostering mental wellness by encouraging understanding, supporting prevention and treatment efforts, and creating environments where individuals feel safe seeking help without fear of judgment; and

**WHEREAS,** recognizing Mental Health Awareness Month provides an opportunity to promote education, encourage meaningful dialogue, and reaffirm our shared commitment to building stronger, healthier, and more supportive communities for all.

**NOW, THEREFORE, I, SUSAN J. SERINO, County Executive of Dutchess County,** do hereby proclaim May 2026 as Mental Health Awareness Month and encourage all residents to raise awareness, support one another, prioritize their own mental well-being, and help create more good days, together.

In Witness Whereof, I have hereunto set my hand and seal, this day, May 1, 2026

May 1, 2026

DATE



*Sue Serino*

**SUSAN J SERINO**  
COUNTY EXECUTIVE