



BY THE GOVERNOR OF THE STATE OF GEORGIA

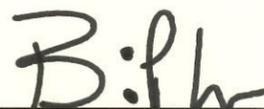
A PROCLAMATION

MENTAL HEALTH AWARENESS MONTH

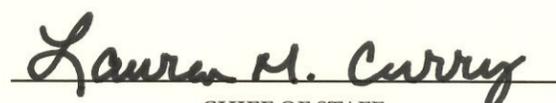
- WHEREAS:** Mental health includes our emotional, psychological, and social well-being, and it affects how we think, feel, and act. It also affects how we manage stress, relate to others, and make choices; and
- WHEREAS:** Mental health is essential to a person's life in the same way as physical health. It allows us to take care of ourselves and our families, and supports the development of a healthy workforce and advances economic opportunity; and
- WHEREAS:** Mental health disorders commonly begin in adolescence, with nearly 20% of children and young people in the United States reporting having a mental, emotional, developmental, or behavioral disorder. It is estimated that one in five adults live with a mental health condition; and
- WHEREAS:** A lack of mental health awareness leads to devastating impacts on the wellbeing of individuals and society. Suicide remains one of the leading causes of death amongst people aged 10 – 34 in the United States; and
- WHEREAS:** Evidence-based mental and behavioral health awareness training teaches individuals how to recognize signs and symptoms of mental health and substance use challenges in others, and provides skills to use a 5-step action plan to help someone who may be facing a mental health challenge or crisis; and
- WHEREAS:** Mental Health First Aid trainings are proven to reduce stigma and increase knowledge and awareness of common signs, symptoms, and risk factors of mental health and substance use challenges; and
- WHEREAS:** During Mental Health Awareness Month and throughout the year, The State of Georgia is committed to ending stigmas surrounding mental health and promoting solutions to the mental health struggles of Georgians in every corner of the state; now
- THEREFORE:** I, BRIAN P. KEMP, Governor of the State of Georgia, do hereby proclaim May 2026, as MENTAL HEALTH AWARENESS MONTH in Georgia.

In witness thereof, I have hereunto set my hand and caused the Seal of the Executive Department to be affixed this 4th day of March in the year of our Lord, Two Thousand and Twenty-Six.




GOVERNOR

ATTEST


CHIEF OF STAFF