

May 2026 Mental Health Month Proclamation

WHEREAS, there is a proven connection between good mental health and overall personal health; *and*

WHEREAS, mental illnesses affect almost every family in America; and

WHEREAS, people with mental illnesses recover if given the necessary services and supports in their communities; *and*

WHEREAS, people with mental illnesses make important contributions to our families and our communities; *and*

WHEREAS, millions of adults and children are disabled by mental illnesses every year; and

WHEREAS, only one out of two people with a serious form of mental illness seeks treatment for his or her mental illness; *and*

WHEREAS, stigma and fear of discrimination keep many who would benefit from mental health services from seeking help; *and*

WHEREAS, research shows that the most effective way to reduce stigma is through personal contact with someone with a mental illness; *and*

WHEREAS, good mental health is critical to the well-being of our families, communities, schools, and businesses; *and*

WHEREAS, greater public awareness about mental illnesses can change negative attitudes and behaviors toward people with mental illnesses;

NOW, THEREFORE, the County Commission of Walker County, Alabama, does hereby proclaim the month of May 2026 as MENTAL HEALTH MONTH, and calls upon all Walker County citizens, government agencies, public and private institutions, businesses, and schools to recommit our community to increasing awareness and understanding of mental illnesses, reducing stigma and discrimination, and promoting appropriate and accessible services for all people with mental illnesses.

IN WITNESS WHEREOF, I have hereunto set my hand on this the 20th day of April, 2026.


Steve Miller, Chairman