



State of North Carolina

ROY COOPER
GOVERNOR

MENTAL HEALTH AWARENESS MONTH

2023

BY THE GOVERNOR OF THE STATE OF NORTH CAROLINA

A PROCLAMATION

WHEREAS, Mental Health Awareness Month has been observed in May in the United States since 1949; it is part of a nationwide effort to raise awareness of mental health conditions, reduce the stigma and discrimination surrounding mental health, and increase awareness of tools and resources to prevent such challenges and promote treatment and recovery; and

WHEREAS, mental health is an important part of overall health and well-being and is important at every stage of life from childhood and adolescence through adulthood; and

WHEREAS, approximately 1 in 5 people, an estimated 2,039,763 North Carolinians, are impacted with mental illness; and

WHEREAS, the North Carolina Division of Mental Health, Developmental Disabilities and Substance Abuse Services continues to adopt best practices to support mental health awareness and recovery, including expanding suicide prevention, implementing the 988 help line, making mental health services easy to access, and reducing the stigma around accessing services; and

WHEREAS, the National Alliance on Mental Illness North Carolina advocates for Community Inclusion as an essential component of recovery and pursues its mission of providing mental health education, support, and public awareness so that all individuals and families can build better lives; and

WHEREAS, the State of North Carolina encourages all residents to come together to ensure recovery and peer supports, increase understanding of mental illness, improve the array of mental health services for people of all ages, and build a strong and inclusive work force;

NOW, THEREFORE, I, ROY COOPER, Governor of the State of North Carolina, do hereby proclaim May, 2023, as “**MENTAL HEALTH AWARENESS MONTH**” in North Carolina, and commend its observance to all citizens.



Roy Cooper
Governor

IN WITNESS WHEREOF, I have hereunto set my hand and affixed the Great Seal of the State of North Carolina at the Capitol in Raleigh this fifteenth day of May in the year of our Lord two thousand and twenty-three and of the Independence of the United States of America the two hundred and forty-seventh.