

State of North Carolina

JOSH STEIN
GOVERNOR

MENTAL HEALTH AWARENESS MONTH

2026

BY THE GOVERNOR OF THE STATE OF NORTH CAROLINA

A PROCLAMATION

WHEREAS, Mental Health Awareness Month is part of a nationwide effort to raise awareness of mental health conditions, to reduce the stigma and discrimination surrounding mental health, and to increase awareness of tools and resources to prevent such challenges and promote recovery; and

WHEREAS, nearly one in four adults in North Carolina have reported symptoms of anxiety or depression and more than one in three North Carolina high school students and nearly one in three middle school students have reported feeling sad or hopeless as the impacts of the COVID-19 pandemic on mental health of children and adults have lingered long after the acute phase of the pandemic; and

WHEREAS, while people with mental health disorders recover, only half of adults nationwide receive the treatment necessary for their mental health; and

WHEREAS, North Carolina invested \$131 million in statewide crisis system expansion, including \$15 million for Behavioral Health Urgent Care sites, \$20 million in technology enhancements, and more than \$25 million for Community Crisis Centers and peer respite; and

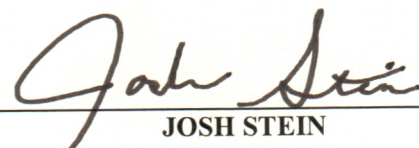
WHEREAS, North Carolina is strengthening its commitment to expanding investments in the mental health workforce by supporting pipelines, career pathways, and workforce development through initiatives such as training expansion and loan repayment programs, as 94 of the state's 100 counties face a shortage of mental health professionals, 43 counties have no child psychiatrists, more than half of mental health providers report symptoms of burnout following the COVID-19 pandemic, and mental health professionals remain historically underfunded compared to their physical health counterparts;

WHEREAS, North Carolina has invested significant state and federal resources to transform the state's mental health system to improve access to mental health services for children, youth, and adults, and the North Carolina Department of Health and Human Services is implementing a comprehensive \$835 million multiyear behavioral health plan to expand access to supports and services; and

WHEREAS, the State of North Carolina encourages all people to increase their awareness and understanding of mental illness, expand the use of available services for all ages, and work to eradicate stigma and ensure that those who are struggling know that they are not alone;

NOW, THEREFORE, I, JOSH STEIN, Governor of the State of North Carolina, do hereby proclaim May 2026 as "MENTAL HEALTH AWARENESS MONTH" in North Carolina and commend its observance to all residents.





JOSH STEIN
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 twenty-seventh day of April in the year of our Lord two thousand and twenty-sixth and of the Independence of the United States of America the two hundred and fiftieth.