



**WAKE COUNTY BOARD OF COMMISSIONERS
PROCLAMATION
Proclaiming May 2026 as
Mental Health Awareness Month in
Wake County**

WHEREAS, mental health is essential to the well-being of our community and mental health conditions impact all of us, whether personally, within our families, or through people we care about; and

WHEREAS, stigma continues to make it harder for people to talk openly, ask for help, and connect with the support they need; and

WHEREAS, navigating care can be confusing and costly, yet timely access to support is critical to stability and recovery; and

WHEREAS, recovery is possible and people with mental health conditions can lead meaningful, connected lives with the right support; and

WHEREAS, when people are unable to access care, challenges can grow and affect health, housing stability, and involvement with emergency and justice systems; and

WHEREAS, behavioral health professionals, peer support specialists, first responders, and community-based providers play a vital role in supporting individuals and families every day; and

WHEREAS, meeting these needs requires a strong, sustained partnership across healthcare, community organizations, public safety, and local government; and

WHEREAS, Wake County is committed to helping systems work better together so people can get help and support recovery, and so residents, families, providers, and public systems each play a role in helping people thrive;

NOW, THEREFORE, BE IT RESOLVED that the Wake County Board of Commissioners hereby proclaims May 2026 as **Mental Health Awareness Month** in Wake County and encourages all residents and organizations to learn about available resources, check in on one another, and support people in seeking care and staying connected to it.

ADOPTED this the 18th day of May 2026.

Don Mial, Chairman
Wake County Board of Commissioners