



PROCLAMATION

- WHEREAS:** Mental health is an essential part of overall well-being, impacting youth, families, individuals and those who work in or own businesses across Dover, NH; and
- WHEREAS:** One in five American adults experiences a mental health condition each year with one in six American adolescents (ages 12-17) experiencing a major depressive episode; and
- WHEREAS:** Mental Health challenges impact everyone, we all face challenges in life that can impact our mental health; and
- WHEREAS:** Despite its prevalence, mental health remains shrouded in stigma, preventing many from seeking help; and
- WHEREAS:** Early intervention and access to quality care are crucial for managing mental health conditions and improving quality of life; and
- WHEREAS:** May is recognized nationally as Mental Health Awareness Month, providing an opportunity to raise awareness, combat stigma, and promote mental health resources; and

NOW, THEREFORE, I, Robert Carrier, Mayor of the City of Dover in the State of New Hampshire, do hereby proclaim the month of May 2024 as:

MENTAL HEALTH AWARENESS MONTH

I encourage all residents of Dover to educate yourself and others about mental health conditions, treatment options, and available resources. Challenge stigma by speaking respectfully and inclusively about mental health. Seek help if you are struggling with your mental health and encourage others to do the same. Support organizations that provide mental health services and advocacy. Create safe and supportive environments for open conversations about mental health. Become part of the mental health solution. We must work together to create a community where everyone feels empowered to prioritize their mental well-being and seek help when needed.

IN WITNESS WHEREOF, I have here unto set my hand and caused the Seal of the City of Dover to be affixed this 8th Day of May, 2024.

Robert Carrier, Mayor
City of Dover, New Hampshire