

# *City of Albany*

## *Proclamation*

### **IN RECOGNITION OF MENTAL HEALTH AWARENESS MONTH May 2026**

**WHEREAS**, during National Mental Health Awareness Month, we honor the courage of the tens of millions of Americans living with mental health conditions, and recognize the loved ones and mental health professionals who support them each day; and

**WHEREAS**, prevention, early identification, and early intervention are effective ways to reduce the impact of mental health conditions, as they are for other chronic conditions; and

**WHEREAS**, mental health conditions are common in our nation—1 in 5 U.S. adults and 1 in 6 U.S. youth experience a mental health condition each year—yet many do not receive the care they need; and

**WHEREAS**, with effective treatment and support, individuals living with mental health conditions—like those with other chronic conditions—can recover and lead full, productive lives; and

**WHEREAS**, mental well-being is essential to sustaining relationships, maintaining productivity, and adapting to change and adversity; and

**WHEREAS**, Mental Health Awareness Month provides an opportunity to increase public understanding of mental health and to encourage early identification and treatment; and

**WHEREAS**, everyone has a role in ending stigma, promoting understanding, and encouraging those in need to seek help, including contacting the National Suicide and Crisis Lifeline by dialing 988 in times of crisis; and

**WHEREAS**, stigmatizing and demeaning language about mental health can cause harm and discourage individuals from seeking care, underscoring the need for greater understanding and compassion; and

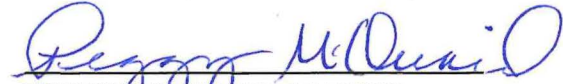
**WHEREAS**, businesses, schools, government agencies, healthcare providers, faith-based organizations, and community members share a responsibility to promote mental wellness, to advance prevention and early identification, and to improve access to care; and

**WHEREAS**, the City of Albany recognizes the National Alliance on Mental Illness for its ongoing commitment to advocacy, education, support, and awareness so that individuals and families affected by mental illness can build better lives.

**NOW, THEREFORE, BE IT PROCLAIMED**, that the Albany City Council hereby recognizes May 2026 as Mental Health Awareness Month in the City of Albany, and calls upon all residents, businesses, nonprofit organizations, schools, faith-based organizations, and community partners to take action to strengthen the mental health of our community.

DATED: May 4, 2026

*City of Albany Proclamation No. 2026-14*



PEGGY McQUAID, MAYOR