

**State of Vermont  
Executive Department  
A Proclamation**

**WHEREAS,** mental health includes our emotional, psychological, and social well-being; it affects how we think, feel, and act; it also affects how we handle stress, relate to others, and make choices; and

**WHEREAS,** mental health is foundational to our wellness, allows us to care for ourselves and others, and make valuable contributions to Vermont's communities; and

**WHEREAS,** in Vermont, 1 in 5 adults live with a mental health challenge; and

**WHEREAS,** 50% of all mental health disorders begin by age 14 and 75% of all mental health disorders begin by the mid-20's; and

**WHEREAS,** suicide is the second leading cause of death amongst people aged 25 – 34 and the 8th overall leading cause of death in Vermont; and

**WHEREAS,** a lack of mental health awareness leads to devastating impacts on the wellbeing of individuals and communities; and

**WHEREAS,** the COVID-19 pandemic has significantly contributed to mental health challenges in children, youth, adults and elders in Vermont; and

**WHEREAS,** the State of Vermont, health advocates, community partners, and legislators have collaborated to reduce stigma, and provide education and awareness of prevention, early intervention and treatment resources for mental health; and

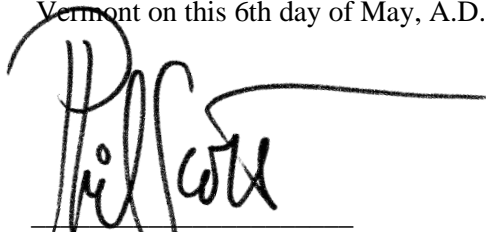
**WHEREAS,** care providers have responded bravely and heroically to the increasing need for care.

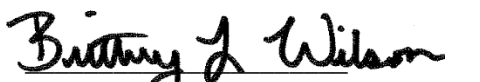
**NOW, THEREFORE,** I, Philip B. Scott, Governor, hereby proclaim May 2021 as

**MENTAL HEALTH AWARENESS MONTH  
in Vermont.**

Given under my hand and the Great Seal of the State of Vermont on this 6th day of May, A.D. 2021.



  
Philip B. Scott  
Governor

  
Brittney L. Wilson  
Secretary of Civil and Military Affairs