

**State of Vermont
Executive Department
A Proclamation**

WHEREAS, mental health includes our emotional, psychological, and social well-being and 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, 1 in 6 adults live with poor mental health; 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 within the top 10 leading causes 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

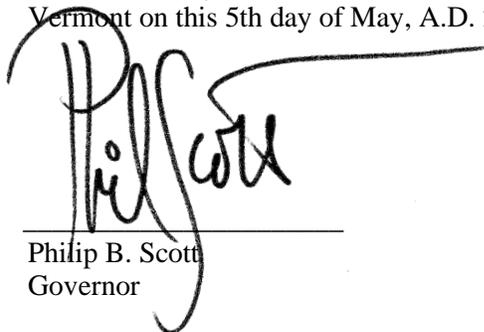
WHEREAS, care providers have responded bravely and heroically to the increasing need for care.

NOW, THEREFORE, I, Philip B. Scott, Governor, hereby proclaim May 2023 as

MENTAL HEALTH AWARENESS MONTH

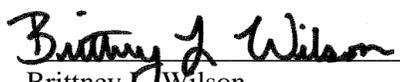
in Vermont.

Given under my hand and the Great Seal of the State of Vermont on this 5th day of May, A.D. 2023.



Philip B. Scott
Governor




Brittney J. Wilson
Secretary of Civil and Military Affairs