WHEREAS, mental health is essential to every person’s health and well-being; and

WHEREAS, early intervention and access to first-rate care are crucial for managing mental health conditions; and

WHEREAS, our community is fortunate to have several health care providers that assist in all steps of recovery for individuals suffering; and

WHEREAS, the Paducah Board of Commissioners is focused on bringing awareness to mental health and advocating for a community where everyone feels empowered to prioritize their mental well-being; and

NOW THEREFORE, I, George P. Bray, Mayor of the City of Paducah proclaim

May 2024 as

**Mental Health Awareness Month**

in the City of Paducah and I encourage all citizens to

* **Educate yourselves and others** about mental health conditions, treatment options, and available recourses.
* **Challenge stigma** by speaking respectfully about mental health.
* **Seek help** if struggling with 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.