



**WHEREAS**, in May 1949, **Mental Health Awareness Month** was established by **Mental Health America** to encourage people to consider their mental health as important for overall health; and,

**WHEREAS**, data shows that rates of anxiety, depression and suicidal ideation have increased for all Americans and in these last two years, a higher number of children, youth and adults have sought mental health treatment for stressors such as: trauma; anxiety; depression; isolation; bullying; food insecurity; and, financial hardship, and have often faced barriers to accessing treatment due to availability of clinicians, language, transportation, copays, and deductibles; and,

**WHEREAS**, stigma and fear of discrimination keep many who would benefit from mental health services from seeking help, and research shows that an effective way to reduce this stigma is through personal contact with someone with a behavioral health condition; and

**WHEREAS**, the City of Rockville Department of Housing and Community Development reaches out to Rockville residents about mental health wellness and substance use prevention with educational seminars as well as emergency assistance and information and referral services to support their striving for success in home, school, and community; and

**WHEREAS**, the City of Rockville Department of Housing and Community Development collaborates with MCPS, Montgomery County Department of Health and Human Services, and local human service providers on school year and summer programming for children and youth, such as therapeutic recreation, mentoring, Latino/Latina youth development, mental health counseling, and transitioning to middle or high school;

**NOW, THEREFORE**, the Mayor and Council of Rockville, Maryland, do hereby proclaim **May 2026** to be **Mental Health Awareness Month**, and encourage the Rockville community to remember this year's theme, "**More Good Days, Together,**" and to always seek help, if and when needed.



  
Monique Ashton, Mayor

  
Kate Fulton, Councilmember

  
Izola (Zola) Shaw, Councilmember

  
Barry Jackson, Councilmember

  
Mahsa Valeri, Councilmember

  
David Myles, Councilmember

  
Adam Van Grack, Councilmember

**May 4, 2026**