

# Town of Sharon

## Proclamation

*WHEREAS, the Town of Sharon recognizes May 2024 as Mental Health Awareness month as normalizing open conversations about mental health can reduce prejudice and discrimination and encourage those living with mental illness to seek help and find a support network; and*

*WHEREAS, mental health is an essential part of overall well-being, impacting individuals, families, and communities. Early intervention and access to quality care are crucial for managing mental health conditions and improving quality of life; and*

*WHEREAS, one in five American adults experiences a mental health condition each year and everyone faces challenges in life that can impact their mental health; and*

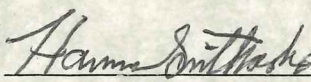
*WHEREAS, increased understanding, acceptance, and offers of support, tools, or resources help to create a solid foundation upon which all persons can build strength, heal from past adversity, and become better equipped to manage future hardship; and*

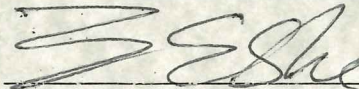
*WHEREAS, Sharon supports mental health acceptance as an important social movement to help those living with mental health conditions understand that they are not alone in their experience, thus fostering acceptance and reducing bias and judgement that leaves so many in quiet anguish.*

***NOW, THEREFORE BE IT PROCLAIMED,** The Sharon Select Board does hereby proclaim the month of May 2024 as Mental Health Awareness month.*

*Given this 14<sup>th</sup> day of May 2024*

  
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Kiana Pierre-Louis, Chair

  
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Hanna R. Switekowski, Clerk

  
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Emily E. Smith-Lee, Member

