



**BEFORE THE BOARD OF COUNTY COMMISSIONERS FOR THE
STATE OF OREGON, FOR THE COUNTY OF BENTON**

In the Matter of Proclaiming May)
2024 Mental Health Awareness) **PROCLAMATION P2024 – 011**
Month in Benton County)

May is recognized nationally as Mental Health Awareness Month, providing an opportunity to raise awareness, combat stigma, and promote mental health resources. This year’s theme is “Where to Start: Mental Health in Changing World.”

Mental health is an essential part of overall well-being, impacting individuals, families, and communities across Benton County. One in five American adults experiences a mental health condition each year and everyone faces challenges in life that can impact their mental health. Despite its prevalence, mental health remains shrouded in stigma, preventing many from seeking help, especially communities that have been historically marginalized, like black, indigenous, Latinx, and other communities of color.

Early intervention and access to quality care are crucial for managing mental health conditions and improving quality of life. The world is constantly changing, and it can be overwhelming. Relationships and the pressures of work and school can impact mental well-being, but politics, climate change, the economy, and other factors can also have an impact.

While society is becoming more comfortable discussing mental health, it can still be hard to know where to start when it comes to taking care of your own well-being. This year, Benton County Health Department is sharing new resources to help people navigate our changing world, build their coping toolbox, and advocate for mental health.

We encourage all community members of Benton County to:

- **Learn more and share with others** about mental health conditions, treatment options, and available resources.
- **Challenge stigma** by speaking respectfully and inclusively about mental health.
- **Seek help** if they are struggling with their 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.

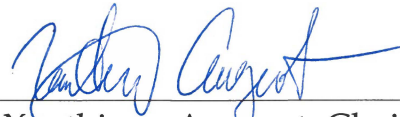
Together, we can create a community where everyone feels empowered to prioritize their mental wellbeing and seek help when needed.

THEREFORE, BE IT HEREBY PROCLAIMED that May 2024 is Mental Health Awareness Month in Benton County.

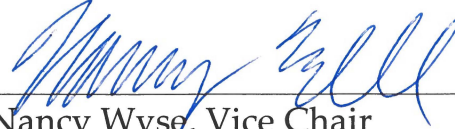
Adopted this 21st day of May 2024.

Signed this 21st day of May 2024.

BENTON COUNTY BOARD OF
COMMISSIONERS



Xanthippe Augerot, Chair



Nancy Wyse, Vice Chair



Pat Malone, Commissioner