



**TOWN OF TRURO**  
**P.O. BOX 2030, TRURO, MA 02666**  
**Tel: 508-349-7004, Extension: 110 or 124**

**A PROCLAMATION ON MENTAL HEALTH AWARENESS MONTH, MAY 2023**

**Whereas**, Mental Health Awareness Month has been observed in the U.S. since 1949;  
and

**Whereas**, Mental Health Awareness Month was established to increase the awareness of mental health and wellness in Americans' lives and to celebrate recovery from mental illness; and

**Whereas**, there is a proven connection between good mental health and overall personal health; and

**Whereas**, people with mental health issues recover if given the necessary services and supports in their communities; and

**Whereas**, people with mental health issues make important contributions to our families and our communities; and

**Whereas**, millions of adults and children are disabled by mental illnesses every year;  
and

**Whereas**, stigma and fear of discrimination keep many who would benefit from mental health services from seeking help; and

**Whereas**, good mental health is critical to the well-being of our families, communities, schools, and businesses; and

**Whereas**, greater public awareness about mental health challenges can change negative attitudes and behaviors toward people with mental illnesses; and

**Whereas**, each business, school, government agency, health care provider, organization, and citizen shares the burden of mental health challenges and has a responsibility to promote mental wellness and support prevention efforts.

**Now, therefore, be it resolved**, that we, the Truro Select Board, do hereby proclaim the month of May 2023, as Mental Health Awareness Month in the Town of Truro. We call

upon the citizens, agencies, institutions, businesses, and schools of our community to recommit to: increasing awareness and understanding of mental health, reducing stigma and discrimination, supporting mental health workers, and promoting appropriate and accessible services for all people with mental health challenges.



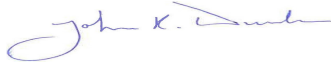
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Kristen Reed, Chair



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Susan Areson, Vice Chair



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John Dundas, Clerk



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Robert Weinstein



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Stephanie Rein  
Truro Select Board