



PROCLAMATION

Mental Health Awareness Month

WHEREAS, Mental Health Awareness Month has been observed each May in the United States since 1949 to raise awareness about the importance of mental well-being, reduce stigma, and advocate for policies and programs that support mental health access to care, and

WHEREAS, the 2026 national theme, “More Good Days, Together”, emphasizes helping people have more good days by meeting them where they are, supporting them as complete and unique individuals, and recognizing that “good” is defined by their own individual goals and experiences, and

WHEREAS, mental health is a key component of the overall health of individuals, and mental health conditions are common and treatable, one in five adults and one in six youth experience a mental health condition each year in the United States, and access to care and early intervention greatly improve outcomes, and

WHEREAS, the New Castle Board of Health and the City of New Castle recognize how critical mental health is to the well-being of its citizens and is committed to providing support to those efforts that improve access to care, promote mental well-being, and lead to a culture of inclusion and caring, and

WHEREAS, during this Mental Health Awareness Month and throughout the year, we are reminded of the strength and resilience of those living with mental health conditions, and the critical need to encourage hope, connection, and access to care for all

NOW THEREFORE I, Valarie Leary, by virtue vested in me as Mayor of the City of New Castle, Delaware do hereby proclaim May 2026 as Mental Health Awareness Month.

Dated this 12th day of May 2026

Valarie Leary, Mayor