

Mental Health Awareness Month Proclamation

This Proclamation designates **May 2026** as “**Mental Health Awareness Month**” in Norwood, Colorado

- **WHEREAS**, mental health is essential to the well-being of our community;
 - **WHEREAS**, the state of Colorado ranks 11th out of 51 in prevalence of mental illness, indicating Coloradans experience more mental health challenges and substance use challenges (Mental Health America);
 - **WHEREAS**, according to a Colorado Health Foundation poll in 2024, 56% of Coloradans reported experiencing a mental health challenge in the past year;
 - **WHEREAS**, stigma persists in being a barrier to accessing care, with nearly 50% of Coloradans who needed mental health support reporting they did not seek out care due to stigma (Mental Health America);
 - **WHEREAS**, the most recent data on suicide death in our combined region of Delta, Montrose, Ouray, San Miguel, Gunnison, and Hinsdale Counties indicates 41 community members died by suicide in 2025, 8 more than the previous year (CO Vital Statistics);
1. **WHEREAS**, organizations such as Tri-County Health Network are dedicated to shining a light on mental health and bringing hope to those experiencing a mental health challenge through research, education, advocacy, and resources and urge that we:
 2. Recognize mental health challenges affect our entire community.
 3. Normalize conversations about mental health, suicide, and substance use in open and understanding ways to erase stigma and remind community members they are not alone in anything they may be experiencing.
 4. Acknowledge that there is no one size fits all program or effort that will be appropriate for all populations or communities, and address the disparity in access to mental healthcare for underserved and underrepresented groups while advocating to end these disparities.
 5. Support the efforts of social movements like We Are The Ones that build upon the innate ability of every individual to take meaningful action to strengthen our communities.

Therefore, **BE IT RESOLVED** that the Norwood Board of Trustees of the Town of Norwood hereby designate **May 2026** as “**Mental Health Awareness Month**” in Norwood Colorado.

TOWN OF NORWOOD

Attest:



Cidney Ross, Town Clerk



Candy Meehan, Mayor