A Proclamation
Mental Health Month in Transylvania County, the City of Brevard, and the Town of Rosman

WHEREAS, the mental health and well-being of our community members, especially our youth, are paramount to the vitality and resilience of Transylvania County, the City of Brevard, and the Town of Rosman; and

WHEREAS, recent tragic events, including student suicides, have underscored the urgent need for increased awareness, support, and action to address mental health challenges in our community; and

WHEREAS, mental health is an integral component of overall health and wellness, and access to comprehensive mental health resources and support services is essential for all individuals to thrive; and

WHEREAS, stigma and discrimination surrounding mental health concerns often prevent individuals from seeking the help and support they need, perpetuating cycles of suffering and isolation; and

WHEREAS, by coming together as a community, we can break down barriers, foster empathy, and create a culture of understanding, compassion, and acceptance for those experiencing mental health challenges; and

WHEREAS, May is recognized nationally as Mental Health Awareness Month, providing an opportunity to raise awareness, combat stigma, and promote mental health resources;

NOW, THEREFORE, we, the undersigned leaders of Transylvania County, the City of Brevard, and the Town of Rosman, do hereby proclaim May as Mental Health Month and call upon all residents to join us in our commitment to prioritize mental health and well-being for ourselves, our families, and our community.

We urge individuals to:

- Educate themselves and others about mental health and the importance of seeking help when needed.
- Foster supportive and inclusive environments where individuals feel safe to share their experiences and seek support without fear of judgment or stigma.
- Advocate for policies and initiatives that promote mental health awareness, access to care, and suicide prevention efforts.
- Encourage open and honest conversations about mental health, reducing the silence and shame that often surrounds these issues.
- Access available mental health resources and support services and encourage others to do the same.

Together, let us work tirelessly to create a community where mental health is valued, prioritized, and supported, and where every individual feels empowered to live their lives to the fullest.

This the 22nd day of April, 2024.

TRANSYLVANIA COUNTY
BOARD OF COMMISSIONERS

Jason R. Chappell, Chairman

ATTEST:

Trisha M. Hogan, Clerk to the Board

This the 30th day of April, 2024.

CITY OF BREVARD

Maureen Copelof, Mayor

ATTEST:

Denise Hodsdon, City Clerk

This the _____ day of _____, 2024.

TOWN OF ROSMAN

Brian Shelton, Mayor

ATTEST:

Angela Woodson, Town Clerk