

Town of Granite Quarry  
Office of the Mayor

# Proclamation

**Whereas**, mental health is an essential part of overall health, and it is vital that each individual has equal opportunity for early access to screening, assessment and referral to treatment, and individuals with mental illness and their families need to stay informed so that they can exercise choice over their care decisions; and

**Whereas**, mental illness including major depression, schizophrenia, and disorders such as bipolar, obsessive, compulsive, severe anxiety, borderline personality and post-traumatic stress affects approximately one in four people worldwide at some point in life, and it touches all ages, genders, races and nationalities in every community; and

**Whereas**, lack of available mental health treatment can increase and complicate an individual's symptoms, and could lead to chronic medical conditions, unnecessary disability, unemployment, substance abuse, homelessness, inappropriate incarceration, and suicide; and

**Whereas**, effective methods for reducing the stigma and isolation associated with mental illness are accomplished by building awareness and understanding of mental illness, increasing access to treatment and ensuring families who are struggling know that they are not alone in their journeys; and

**Whereas**, annually Mental Health Month is observed during the month of May to raise awareness about mental illness, the importance of early detection and accurate diagnosis, and to reduce the stigma and misunderstandings associated with mental illness.

**Now, Therefore, I, DOUG SHELTON**, by virtue of the authority vested in me as Mayor Pro Tem of the town of Granite Quarry, North Carolina, do hereby proclaim May 2024 as

**“MENTAL HEALTH MONTH”**

Duly adopted this the 13<sup>th</sup> day of May 2024.

ATTEST:

  
Aubrey Smith, Town Clerk



  
Doug Shelton, Mayor Pro Tem