

City of Richmond  
**Proclamation**  
City of Richmond



## Recognizing May 2026 as Mental Health Awareness Month

**WHEREAS**, mental health is a fundamental component of individual and community well-being, yet stigma, systemic inequities, and limited access to culturally responsive care continue to prevent many Richmond residents from receiving the support they need; and

**WHEREAS**, it is important to raise awareness about the importance of taking care of our mental health. As mental health conditions are common, affecting one in five adults in the United States each year, and they can have a profound impact on individuals, families, and communities; and

**WHEREAS**, youth mental health challenges continue to rise nationally and locally; and

**WHEREAS**, many individuals and families in Richmond are navigating mental health challenges without adequate support, leading to preventable suffering, instability, and loss of life; and

**WHEREAS**, Mental Health Awareness Month has been observed in May since 1949, and it provides an opportunity to raise awareness about mental health and to promote access to resources and support; and

**WHEREAS**, the City of Richmond recognizes the importance of mental health and is committed to promoting mental health and well-being in our community; and

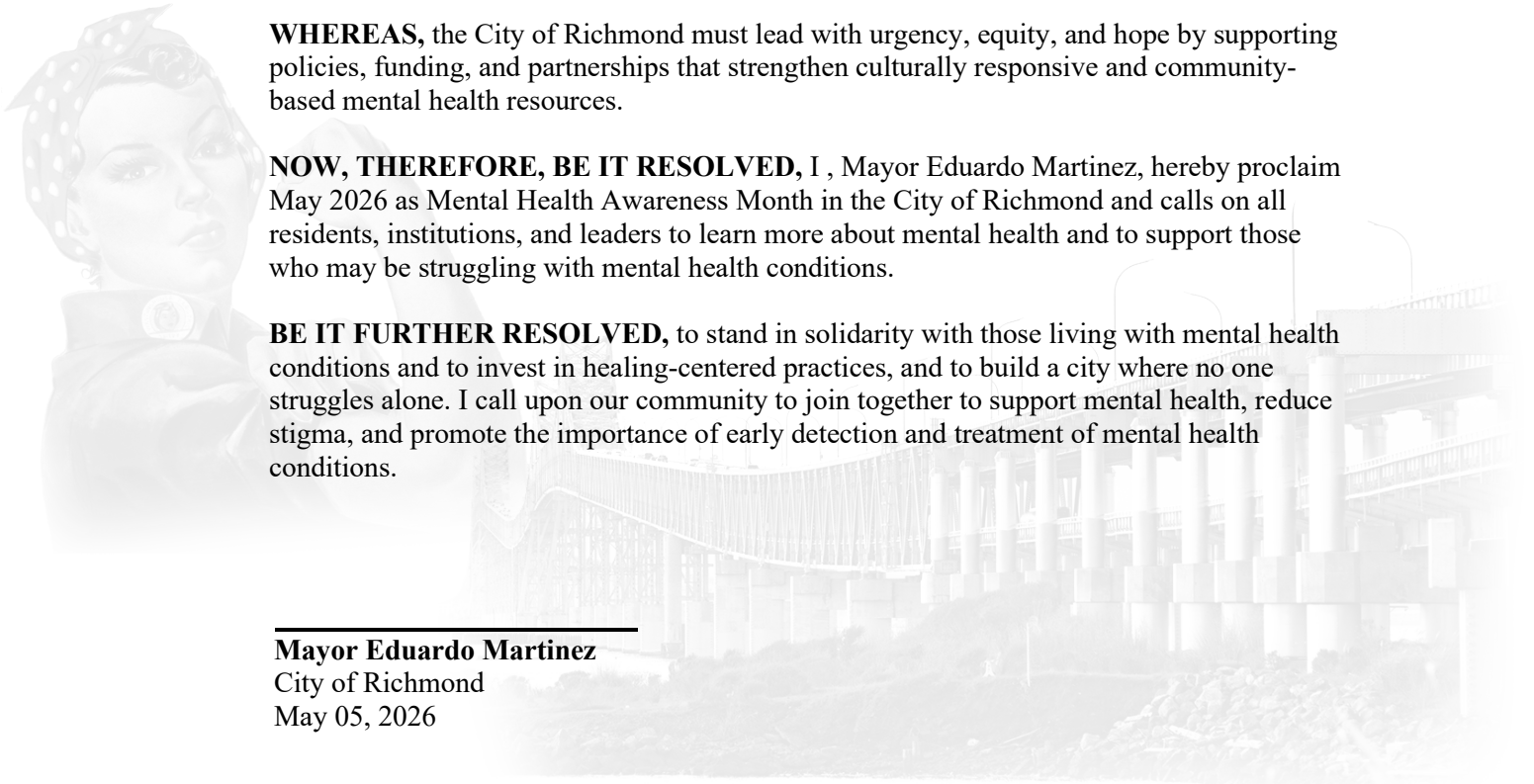
**WHEREAS**, Richmond is home to resilient people and powerful community organizations committed to breaking cycles of trauma, building healing spaces, and uplifting the humanity of every neighbor; and

**WHEREAS**, Mental Health Awareness Month is a time to affirm that mental health is health, to challenge harmful stigma, to center equity in access, and to reimagine what compassionate care and prevention look like in our schools, workplaces, homes, and streets; and

**WHEREAS**, the City of Richmond must lead with urgency, equity, and hope by supporting policies, funding, and partnerships that strengthen culturally responsive and community-based mental health resources.

**NOW, THEREFORE, BE IT RESOLVED**, I, Mayor Eduardo Martinez, hereby proclaim May 2026 as Mental Health Awareness Month in the City of Richmond and calls on all residents, institutions, and leaders to learn more about mental health and to support those who may be struggling with mental health conditions.

**BE IT FURTHER RESOLVED**, to stand in solidarity with those living with mental health conditions and to invest in healing-centered practices, and to build a city where no one struggles alone. I call upon our community to join together to support mental health, reduce stigma, and promote the importance of early detection and treatment of mental health conditions.



**Mayor Eduardo Martinez**  
City of Richmond  
May 05, 2026