

DURHAM BOARD OF COUNTY COMMISSIONERS

Proclamation

MENTAL HEALTH AWARENESS MONTH | 2025

- WHEREAS,** mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act, and helps determine how we handle stress, make choices, and our ability to build relationships; and
- WHEREAS,** the National Institute of Health reports that nearly one-in-five adults live with a mental illness - affecting people of all ages, races, ethnicities and socioeconomic backgrounds - the emphasis of taking care of ourselves should be the norm rather than the exception, and
- WHEREAS,** there are on-going efforts and initiatives in Durham to identify the resources and gaps in services at each intercept in the Sequential Intercept Model to divert individuals with mental illness and substance use disorders away from detention through innovative strategies, and
- WHEREAS,** the use of peer support plays a crucial role in mental health by providing individuals with a sense of community and understanding that can lead to improved wellbeing, reduced isolation and increased self-esteem, and
- WHEREAS,** we strive to address individuals with complex behavioral health needs who frequently cycle through jails, homeless shelters, emergency departments and other local crisis services, with an awareness that feelings of personal shame and fears of social stigma and discrimination can be reduced by increasing the community awareness of mental illness and available resources, and
- WHEREAS,** we strive to partner with agencies within the Durham community to combine resources, skills and expertise that will increase access to treatment and resources that will support our citizens as they seek to improve their mental health; and
- WHEREAS,** we know that with early and consistent treatment, people with serious mental illness can manage their condition, overcome challenges and lead meaningful, productive lives; and
- WHEREAS,** we strive to improve public safety, reduce recidivism and improve the quality of life for citizens in the justice system experiencing symptoms of mental illness by offering specialty courts and programs such as Jail Mental Health Services and Jail Transitions to ensure continuity of care.

NOW, THEREFORE, I, Nida Allam, Chair and on behalf of the Durham Board of County Commissioners, do hereby proclaim May 2025 as

“MENTAL HEALTH AWARENESS MONTH”

in Durham County, North Carolina, and call on all citizens, government agencies, public and private institutions, businesses, churches and schools to come together to promote awareness and understanding of mental health, reduce stigma and recognize the necessity of accessible and appropriate mental health services for all citizens of Durham County.

This 12th day of May 2025.

Nida Allam, Chair
Durham Board of County Commissioners

