

# The State of Maryland



## Proclamation

*From the Governor of the State of Maryland*

### **MENTAL HEALTH AWARENESS MONTH MAY 2026**

- WHEREAS,** *Each year in May, communities across the country observe Mental Health Awareness Month to raise awareness, reduce stigma, and provide support for individuals living with mental health conditions; and*
- WHEREAS,** *One in five adults in the United States live with a mental health condition; and*
- WHEREAS,** *Approximately one in five children and youth under the age of 18 in Maryland and nationally have a treatable mental health or substance misuse disorder, with nearly one in ten youth in Maryland facing serious emotional and behavioral challenges that often require intensive treatment and involvement of multiple child-serving systems; it is estimated that less than one in five youth with a mental health or substance misuse disorder will access needed services; and*
- WHEREAS,** *Screening and psychological interventions have been identified as cost-effective preventive interventions for mental health disorders in children and adolescents; and*
- WHEREAS,** *Evidence-based mental and behavioral health awareness training teaches individuals how to recognize signs and symptoms of mental health and substance use challenges in others and provides skills to help someone who may be facing a mental health challenge or crisis; and*
- WHEREAS,** *The State of Maryland has been a leader in the work to increase access to behavioral health resources, investing over \$1.4 billion into improving access to mental health services for Marylanders, including expanding access to address children's behavioral health needs and advancing trauma-informed and healing-centered care; and*
- WHEREAS,** *During Mental Health Awareness Month, the State of Maryland reaffirms its commitment to expanding access to health care and building a state that leaves no one behind and calls on all residents to join us in that effort.*

**NOW, THEREFORE, I, WES MOORE, GOVERNOR OF THE STATE OF MARYLAND, do hereby proclaim MAY 2026 as MENTAL HEALTH AWARENESS MONTH in Maryland, and do commend this observation to all of our citizens.**



Given Under My Hand and the Great Seal of the State of Maryland,  
this 1st day of May  
Two Thousand and twenty-six

*Wes Moore*  
Governor

*Aruna Miller*

Lt. Governor

*Susan C. Lee*

Secretary of State