



Proclamation

By the Governor of Alabama

WHEREAS, the Alabama Department of Mental Health (ADMH) celebrates Mental Health Awareness Month, along with partners across the state and nation to increase awareness, communication and connections surrounding mental health. The year's theme is Turning Awareness into Action; and

WHEREAS, mental health is essential to our everyday lives and includes our emotional, psychological and social wellbeing. Despite its prevalence, mental health awareness is limited, preventing many from seeking help; and

WHEREAS, in Alabama, more than 930,000 adults reported to have a mental illness in 2023, with 210,000 reporting thoughts of suicide – 832 Alabamians took their own lives in 2023. More than 76,000 youth experienced at least one major depressive episode in the last year; and

WHEREAS, the ADMH recognizes that mental health is an integral part of overall health and wellbeing and addressing mental illness as early as possible is crucial. The ADMH and its partners are committed to providing vital mental illness and substance use disorder services to Alabamians; and

WHEREAS, with the Legislature, we have expanded initiatives to address mental health needs. These initiatives further the goals of the Alabama Crisis System of Care, contributing to life-saving interventions yearly; and

WHEREAS, engaging in prevention, peer services, early intervention and diversion from civil commitment are effective ways to reduce the burden of mental illnesses. With effective treatment, all individuals with mental illnesses and substance use disorders can make progress toward recovery; and

WHEREAS, ADMH calls upon citizens, government agencies, public and private institutions, businesses, and schools to increase acceptance, awareness and understanding of mental health. Evidence-based mental and behavioral health awareness equips individuals with the knowledge to recognize signs and symptoms of mental health challenges and take action to help those in crisis;

NOW, THEREFORE, I, Kay Ivey, Governor of Alabama, do hereby proclaim May 2025, as

Mental Health Awareness Month

in the state of Alabama.



Given Under My Hand and the Great Seal of the Office of the Governor at the State Capitol in the City of Montgomery on the 8th day of May 2025.

Kay Ivey

Kay Ivey, Governor