



# Proclamation

## By the Governor of Alabama

*WHEREAS, the Alabama Department of Mental Health (ADMH) celebrates More Good Days Together, the theme of the 2026 Mental Health Awareness Month, along with partners across the state and nation to increase awareness, communication and connections surrounding mental health; and*

*WHEREAS, mental health is essential to our everyday lives and includes our emotional, psychological, and social wellbeing and is a part of physical health. Despite an essential aspect of life, mental health information and access is limited, preventing many from seeking help; and*

*WHEREAS, in Alabama, more than 860,000 adults reported to have a mental illness in 2025, with 184,000 reporting thoughts of suicide. 75,000 youths 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 prevention, treatment and recovery services to Alabamians; and*

*WHEREAS, we have invested in initiatives to increase access to mental health services, including the 9-8-8 Suicide and Crisis Lifeline, along with funding for 20 mobile crisis teams and six Crisis Centers. These initiatives further the goals of the Alabama Crisis System of Care, contributing to life-saving interventions yearly; and*

*WHEREAS, prevention, peer support, early intervention and diversion from civil commitment are proven strategies for reducing the impact of mental illness. With treatment and support, individuals living with mental health and substance use disorders can begin their path toward recovery; and*

*WHEREAS, ADMH calls upon citizens, government agencies, public and private institutions, businesses and schools to increase awareness, acceptance 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 themselves, friends and family;*

*NOW, THEREFORE, I, Kay Ivey, Governor of Alabama, do hereby proclaim May 2026, 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 14<sup>th</sup> day of May 2026.*

*Kay Ivey*  
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Kay Ivey, Governor