

No. R-185. House concurrent resolution recognizing May 2025 as Mental Health Awareness Month in Vermont.

(H.C.R.154)

Offered by Representatives Berbeco of Winooski and Cina of Burlington

Whereas, good mental health is essential to overall health and well-being, and

Whereas, according to Mental Health America, “nearly one in five adults will have a diagnosable mental health condition in any given year,” and “46 percent of Americans will meet the criteria for a diagnosable mental health condition sometime in their life,” and

Whereas, the Vermont Department of Health’s 2023 Youth Risk Behavior Survey documented that 34 percent of Vermont high school students had “struggle[d] with poor mental health,” for the prior 30 days, with female and LGBTQ+ students having reported even higher rates of mental health difficulties, and

Whereas, the Centers for Disease Control and Prevention documented that during the past decade there was a 65 percent rise in the percentage of adult Vermonters (an increase from 9.6 percent to 15.8 percent) who reported frequent mental health distress, and NAMI (National Association for Mental Illness) Vermont recently noted that fewer than half of adults and youth with a mental illness receive treatment, and

Whereas, individuals with mental health challenges can lead full, productive lives and make important contributions to our communities, and

Whereas, promoting mental health awareness and offering early intervention are effective ways to assist mental health and wellness, and

Whereas, ensuring timely access to quality care and closing the treatment gap can lead to healthier outcomes for individuals, communities, and our nation, and

Whereas, businesses, government agencies, health care providers, individuals, and schools all stand to benefit from an improvement in the mental health of Vermonters, and

Whereas, in 1949, Mental Health America designated May as Mental Health Awareness Month, with the mission of raising awareness and educating the public about mental health; and this month is an opportunity to effectuate change through compassion, concern, open-mindedness, and understanding and to celebrate the resiliency of individuals living with mental health conditions, *now therefore be it*

Resolved by the Senate and House of Representatives:

That the General Assembly recognizes May 2025 as Mental Health Awareness Month in Vermont, *and be it further*

Resolved: That the Secretary of State be directed to send a copy of this resolution to NAMI Vermont, to the Vermont Association for Mental Health & Addiction Recovery, and to the Commissioner of Mental Health.