

No. R-208. House concurrent resolution designating January 29, 2026, as Mental Health Advocacy Day at the State House.

(H.C.R.173)

Offered by Representatives Berbeco of Winooski and Cina of Burlington

Whereas, according to the National Alliance on Mental Illness (NAMI), approximately 104,000 adults in Vermont live with a mental health condition and 27,000 have a serious mental health illness, and

Whereas, youth mental health challenges persist in Vermont; data from a 2023 Vermont Department of Health survey documented that roughly one-third of the State's high school students indicated they have poor mental health, approximately one-fourth reported instances of self-harm, and 14 percent had developed a suicide plan, and

Whereas, the federal Substance Abuse and Mental Health Services Administration research showed that just one-half of the adults in the United States who experienced any mental illness (AMI) received treatment, and for those persons who experienced serious mental illness (SMI), the comparable percentage was only 70 percent, and

Whereas, these concerning statistics reflect gaps in mental health support services both in Vermont and nationally, and

Whereas, the 11th Annual Mental Health Advocacy Day at the State House being held today, January 29, 2026, is organized under the theme "Together for Dignity, United for Change: Reclaiming Mental Health in Vermont," and the participants include individuals with lived experiences, families, providers, and advocates, *now therefore be it*

Resolved by the Senate and House of Representatives:

That the General Assembly designates January 29, 2026, as Mental Health Advocacy Day at the State House, *and be it further*

Resolved: That the Secretary of State be directed to send a copy of this resolution to each of the mental health advocacy organizations present today at the State House, including NAMI Vermont, the Vermont Association for Mental Health and Addiction Recovery, and the Vermont Care Partners.