

**No. R-351. House concurrent resolution recognizing May 2026 as Mental Health Awareness Month in Vermont.**

(H.C.R.293)

Offered by Representatives Berbeco of Winooski and Cina of Burlington

*Whereas*, good mental health is essential to the overall health and well-being of all Vermonters, affecting how they connect with others, feel, think, and navigate the world, and

*Whereas*, according to recent data from the American Psychiatric Association, 38 percent of Americans began 2026 with a mental-health-related New Year's resolution, a five percent increase over 2025, and this figure represents a significant public commitment to prioritizing psychological wellness, and

*Whereas*, annually, one in five Americans experience a mental health condition, yet five out of five Americans manage their personal mental health on a daily basis, meaning that mental health and wellness is a universal priority, and

*Whereas*, in 1949, the National Institute of Mental Health was established, and that same year, Mental Health Awareness Month was first observed, and

*Whereas*, in 2026, the National Alliance on Mental Illness (NAMI) has selected "Stigma grows in silence. Healing begins in community" as the theme for Mental Health Awareness Month, a concept that invites everyone to speak out against mental health stigma, and

*Whereas*, serious mental illness and suicidal thoughts among Americans remain critical concerns, particularly for young adults 18–34 years of age, more of whom are now prioritizing their mental health, and

*Whereas*, Mental Health Awareness Month provides an important opportunity to work towards eradicating stigma, fostering public education, and striving to improve the mental health of individuals and families, *now therefore be it*

***Resolved by the Senate and House of Representatives:***

That the General Assembly recognizes May 2026 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, Vermont Care Partners, and the Vermont Association for Mental Health and Addiction Recovery.