

State of Vermont House of Representatives



Montpelier, Vermont

Concurrent House Resolution

H.C.R. 293

Offered by Representatives Berbeco of Winooski and Cina of Burlington

House concurrent resolution recognizing May 2026 as Mental Health Awareness Month in Vermont

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.