



Suggested Activities for Promoting Mental Health Awareness Month

The media offers a rich variety of resources to publicize mental health awareness. Please use the media liberally. Below are some suggested activities and methods.

Proclamations and Resolutions

Ask your state governor or city mayor to sign the following proclamation...bring a photographer and a delegation from your organization and distribute this picture and press release to local newspapers.

- If you personally know of any people in positions of influence (Legislators, Selectmen, Judges, etc.) use the occasion of Mental Health Awareness Month to write or call them, reminding them of the crucial importance of AMHCA's fight for Medicare provider status on the federal level and mention your own fights on the state level.
- Be alert to passing conversations you may hear that reveal a negative bias to those who suffer from mental health problems and speak out to advocate a more enlightened and compassionate attitude.



~ Suggestion: Print this on your state's letterhead ~

GOVERNOR'S PROCLAMATION

As the Governor of (name of state) I am pleased to join with (name of State Chapter) and the American Mental Health Counselors Association to designate May 2022, as Mental Health Awareness Month in (name of state) .

WHEREAS, as many of our citizens are struggling with personal, economic and health care issues, recognizing and promoting excellence in practice of the mental health counseling field will benefit everyone;

WHEREAS, mental health awareness helps individuals avoid the significant consequences of untreated anxiety, depression and stress; and

WHEREAS, positive mental health fosters self-esteem, and promotes personal happiness and effectiveness; and

WHEREAS, good mental health helps prevent community violence, abuse and family instability;

THEREFORE, I, _____, the Governor of _____, do hereby support the designation of

May, 2022, as *Mental Health Awareness Month*

in (name of state) .

Signature



~ Suggestion: Print this on your state's letterhead ~

MAYOR'S PROCLAMATION

As the Mayor of (name of city) I am pleased to join with (name of State Chapter) and the American Mental Health Counselors Association to designate May 2022, as Mental Health Awareness Month in (name of city) .

WHEREAS, as many of our citizens are struggling with personal, economic and health care issues, recognizing and promoting excellence in practice of the mental health counseling field will benefit everyone;

WHEREAS, mental health awareness helps individuals avoid the significant consequences of untreated anxiety, depression and stress; and

WHEREAS, positive mental health fosters self esteem, and promotes personal happiness and effectiveness; and

WHEREAS, good mental health helps prevent community violence, abuse and family instability;

THEREFORE, I, _____, the Mayor of _____, do hereby support the designation of

May, 2022 as Mental Health Awareness Month

In (name of city) .

Signature