



Town of Westford Proclamation

Declaring the Month of May 2024 as Mental Health Awareness Month

WHEREAS mental health is essential to everyone's overall health and well-being; and

WHEREAS, mental illnesses are real and prevalent in our nation, and about half of us will have a mental health diagnosis at some point in our lives (from the U.S. Department of Health and Human Services); and

WHEREAS, all individuals experience times of difficulty and stress in their lives, and should feel comfortable in seeking help and support to manage these times; and

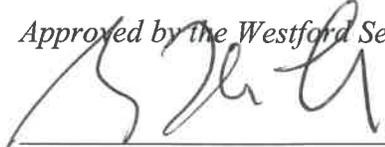
WHEREAS, stigma can be reduced by increasing the awareness of mental health and available resources for those with mental health conditions; and

WHEREAS, greater public awareness about mental wellness can positively transform attitudes about, and towards, people with mental illness, making it easier for our residents to seek help; and

WHEREAS, good mental health is critical to the well-being of our families, communities, schools, and businesses;

Now THEREFORE, The Town of Westford, MA, does hereby proclaim the month of May as Mental Health Awareness Month; We also call upon all Westford residents, agencies, public and private institutions, businesses, and schools to recommit our community to increasing overall awareness and understanding of mental health, reducing stigma and discrimination of mental illnesses, and promoting appropriate and accessible mental health services for all people.

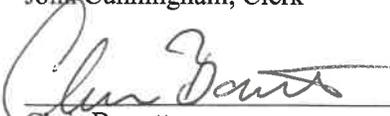
Approved by the Westford Select Board



G. Thomas Clay, Chair



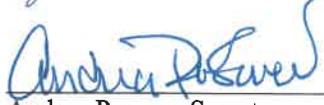
John Cunningham, Clerk



Chris Barrett



J. Scott Hazelton, Vice Chair



Andrea Peraner-Sweet