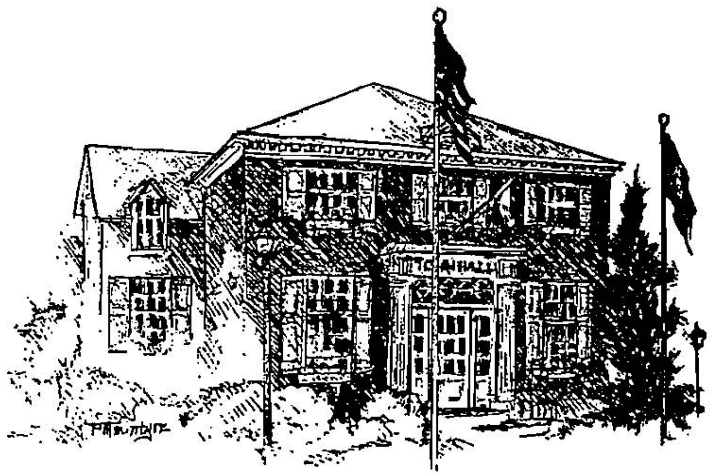


TOWN OF HERNDON, VIRGINIA
PROCLAMATION
MENTAL HEALTH AWARENESS MONTH
MAY 2026

Recognized each May, **Mental Health Awareness Month** highlights the importance of accessible, compassionate care as a cornerstone of a healthy community. It is a time to foster open conversations and reduce the stigma of seeking help. Many in the Herndon community – neighbors, coworkers, friends, and loved ones – experience mental health challenges, and it is important that they feel supported, heard, and not alone.

People of all ages and backgrounds can experience mental health challenges. By supporting teachers, community leaders, medical professionals, and by encouraging early intervention, the Town can foster a more responsive and compassionate environment. Physical and mental health are essential to overall well-being, and Herndon strives to be a place where everyone can live, learn, and work to their fullest potential. As a community, Herndon commits to being good neighbors, checking in with one another, listening without judgment, extending kindness, and supporting local programs and services.

Therefore, the Mayor of the Town of Herndon, Virginia, together with the Herndon Town Council, hereby proclaims May 2026 as **Mental Health Awareness Month** in the Town of Herndon. Together, we will continue building a community that is resilient, connected, and compassionate.