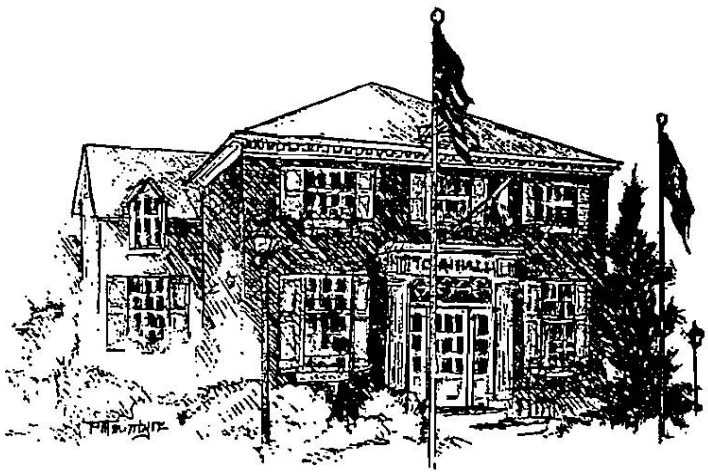


TOWN OF HERNDON, VIRGINIA
PROCLAMATION
MENTAL HEALTH AWARENESS MONTH
MAY 2025

Each May, **Mental Health Awareness Month** invites us to speak openly, listen deeply, and act with compassion. It's a time to confront stigma, encourage honest conversations, and remind our neighbors, friends, and loved ones that they are not alone.

Right here in Herndon, people of all ages – children, teens, adults, and seniors – are impacted by mental health challenges. Behind every statistic is a story. And behind every struggle, there is the potential for hope and healing – especially when our community comes together to offer support, connection, and understanding.

Mental health, just like physical health, deserves our attention and care. These challenges are far more common than many realize, and our response should reflect that. We can make a difference by checking in with one another, listening without judgment, and showing up – with empathy and without shame. Let us also support the organizations, counselors, educators, peer networks, and first responders who are working every day to provide help and hope to those who need it. And let us model the kind of town where asking for help is a sign of strength, not weakness.

Therefore, the Mayor of the Town of Herndon, together with the Herndon Town Council, do hereby proclaim May 2025 as **Mental Health Awareness Month** in the Town of Herndon. We join in promoting this year's national theme, "Turn Awareness into Action," and call on every member of our community to take meaningful steps – large or small – to support their own mental well-being and the well-being of others.

Further, the Mayor of the Town of Herndon, together with the Herndon Town Council, express our support for those living with mental health conditions; we commit to continuing education, outreach, and resources that promote prevention, access to cure, and long-term support. Together, we can build a Herndon that is more connected, more compassionate, and more resilient – for everyone.