

**The Council Chambers
City Hall
Portsmouth, New Hampshire**

A Proclamation

- Whereas:** Mental health is essential to the overall well-being, productivity, and resilience of individuals, families, and communities; and
- Whereas:** One in five adults in the United States experiences mental illness each year, and many go without necessary support, treatment, or understanding; and
- Whereas:** Stigma, lack of access to services, and social isolation prevent too many Portsmouth residents from seeking help; and
- Whereas:** Prevention, early identification, timely intervention, and community support improve outcomes for people living with mental health challenges; and
- Whereas:** Families, schools, employers, health care providers, faith communities, civic organizations, and local government all play a vital role in promoting mental wellness and connecting people to care; and
- Whereas:** the City of Portsmouth is committed to supporting mental health awareness, reducing stigma, expanding access to services, and fostering a safe, compassionate environment for all residents.

Now, therefore, I, Deaglan McEachern, Mayor of the City of Portsmouth, on behalf of the members of the City Council and citizens of Portsmouth, do hereby proclaim the month of May, 2026, as

Mental Health Awareness Month

And encourage all residents, businesses, schools, and community organizations to observe this month with appropriate programs, public awareness activities, and outreach to promote mental wellness, support those affected by mental illness, and strengthen access to care and recovery resources.



Given with my hand and the
Seal of the City of Portsmouth
on this 4th day of May, 2026.

A handwritten signature in black ink, appearing to read 'Deaglan McEachern', is written over a horizontal line. Below the line, the name 'Deaglan McEachern, Mayor of Portsmouth' is printed.

Deaglan McEachern, Mayor of Portsmouth