

STATE OF NORTH DAKOTA

PROCLAMATION

MENTAL HEALTH AWARENESS MONTH MAY 2026

WHEREAS, mental health includes our emotional, psychological and social well-being; it affects how we think, feel and act; it also affects how we manage stress, relate to others and make choices; and

WHEREAS, mental health is essential to a person's life in the same way as physical health, and allows us to take care of ourselves and our families; and

WHEREAS, 17.8% of North Dakota youth ages 12 to 17 had a major depressive episode in the past year, and 25.9% of North Dakota adults had any mental illness in the past year; and

WHEREAS, the average delay between the onset of mental illness symptoms and treatment is 11 years, but early intervention can decrease remission and improve outcomes for people; and

WHEREAS, stigma about mental illness can be a barrier to seeking treatment, and we can decrease stigma by seeking information, educating ourselves and listening non-judgmentally to those who are struggling; and

WHEREAS, a lack of mental health awareness leads to devastating impacts on the well-being of individuals and society; and

WHEREAS, 146 North Dakotans died by suicide in 2023, and of those individuals, 17.8% were former military; and

WHEREAS, North Dakotans can be empowered to connect to services and resources by visiting behavioralhealth.nd.gov/about-us/mental-health.

NOW, THEREFORE, as Governor of the State of North Dakota, I do hereby proclaim
May 2026, MENTAL HEALTH AWARENESS MONTH in the State of North Dakota.




Kelly Armstrong
GOVERNOR

ATTEST: 
Michael Howe
SECRETARY OF STATE