

WHEREAS; mental health includes one’s emotional, psychological, and social well-being, and it affects how one thinks, feels, acts, handles stress, relates to others, and makes choices; and

WHEREAS; mental health conditions are real and prevalent in the lives of Wisconsinites of every age, and ensuring that all Wisconsinites have access to mental health services is essential to the overall health and wellness of the state; and

WHEREAS; according to the Substance Abuse and Mental Health Services Administration (SAMHSA), approximately one in five Americans are living with a mental health condition or illness; and

WHEREAS; further, the Wisconsin Office of Children’s Mental Health reported that anxiety and depression continue to rise among Wisconsin teens, with more than one-third of Wisconsin’s high school students experiencing consistent feelings of sadness and hopelessness, and 40 percent of LGBTQ youth reported having seriously considered suicide in the last year; and

WHEREAS; early identification and treatment can make a difference in the successful management of mental health conditions and recovery, yet many of those affected by mental health conditions often face long delays between the time their symptoms first appear and when they can get help due to barriers to healthcare access and the stigma that surrounds mental illness; and

WHEREAS; a lack of mental health awareness leads to devastating impacts on the wellbeing of individuals, and society and evidence-based mental and behavioral health awareness trainings can teach individuals how to recognize signs and symptoms of mental health challenges in others and provide skills to help someone who may be facing a mental health challenge or crisis; and

WHEREAS; the state of Wisconsin is proud to advance and support unique and innovative solutions that address the need for increased mental health resources and services, including through efforts to increase funding for school-based mental health services, initiatives to address and support veteran and farmer mental health, and resources for individuals struggling with substance use and other mental and behavioral health disorders; and


WHEREAS; this month, the state of Wisconsin recognizes the importance of mental health to overall health, affirms that mental and behavioral healthcare is healthcare, and encourages all Wisconsinites to take good care of themselves and one another;

NOW, THEREFORE, I, Tony Evers, Governor of the State of Wisconsin,
do hereby proclaim May 2026 as

MENTAL HEALTH AWARENESS MONTH

throughout the State of Wisconsin and I commend this observance
to all our state’s residents.

IN TESTIMONY WHEREOF, I have hereunto set my hand and caused the Great Seal of the State of Wisconsin to be affixed. Done at the Capitol in the City of Madison this 1st day of May 2026.



TONY EVERS, Governor

By the Governor:



SARAH GODLEWSKI, Secretary of State