



Buncombe County Board of Commissioners

Request for Board Action

Meeting Date: 5/21/2024

Presentations

Department: Equity and Human Rights Office

Presenter(s): An Truong, LCMHC, LCAS, NCC and Dr. Noreal Armstrong, LCMHCS, NCC

Contact(s): Dr. Noreal Armstrong, Chief Equity and Human Rights Officer

Subject: Mental Health Awareness Month Proclamation

Brief Summary:

Mental Health Awareness Month is observed in May and began in the United States in 1949 as a time dedicated to raising awareness about mental health issues, reducing stigma, and encouraging support for mental health care. The month serves as a reminder that mental health is just as important as physical health and that seeking help and support for mental health concerns should be normalized. It's a time to share stories, offer support, and advocate for policies that support those with mental health conditions and their families.