

1 A RESOLUTION declaring May as Mental Health Month in Kentucky.

2 WHEREAS, good mental health is essential to everyone's overall health and well-  
3 being; and

4 WHEREAS, nearly one in five adults will have a diagnosable mental health  
5 condition in any given year; and

6 WHEREAS, mental health conditions are treatable and recovery is attainable; and

7 WHEREAS, since 1949, Mental Health America (MHA) has led the effort to  
8 promote mental wellness nationwide by recognizing May as Mental Health Month; and

9 WHEREAS, MHA Kentucky is the Commonwealth's longest-serving nonprofit  
10 organization dedicated to the promotion of mental health, well-being, and prevention; and

11 WHEREAS, the theme for May, 2026, is "More Good Days, Together," reflecting  
12 the importance of helping people have more good days by meeting them where they are,  
13 supporting them as whole people, and understanding that "good" is defined by their  
14 unique experiences and goals; and

15 WHEREAS, this year's theme encourages everyone to reflect on what a "good" day  
16 looks like, both individually and in their communities; and

17 WHEREAS, together, we can use that insight to connect people to the right support  
18 at the right time, and shape advocacy, education, and community engagement to make  
19 more good days possible for all; and

20 WHEREAS, the path toward good mental health may look different for everyone,  
21 but we all need and deserve more good days, together;

22 NOW, THEREFORE,

23 ***Be it resolved by the House of Representatives of the General Assembly of the***  
24 ***Commonwealth of Kentucky:***

25 ➔Section 1. The House of Representatives declares May as Mental Health Month  
26 in Kentucky.

27 ➔Section 2. The House of Representatives calls upon the citizens, government

1 agencies, public and private institutions, businesses, and schools to recommit their  
2 communities to increasing awareness and understanding of mental health.

3       ➔Section 3. The Clerk of the House of Representatives is directed to transmit a  
4 copy of this Resolution to Representative Lisa Willner.